

# PE AT HOME (Do 3 each day) Week 2

Clean up your room	Do 10 sit ups	Catch a ball one handed 10 times in a row	Skip around your house 3 times
Talk to an adult for 3 mins	Play with your brother/sister	Build a blanket fort in your bedroom	Jump over something 5 times
Make a game using a ball	Jump as high as you can 3 times	Balance on one foot for 30 seconds	Plank for 30 seconds
Floss for 30 seconds	Jump as far forward as you can 3 times	Run on the spot for 30 seconds	Do 10 lunges