


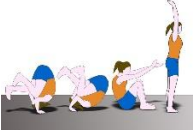


PE AT HOME (Do 3 each day) Week 3

Play in your room	Hop around your room 	Throw a ball 10 times at a target	Walk backwards around your house
Jump up and down (30 seconds)	Hop on 1 leg (30 seconds)	Bounce a ball with 1 hand (1 min)	Jump over something 5 times 
Run around for 30 seconds	Dance with someone	Do a Yoga pose 	Do a cartwheel
Do a forward roll 	Walk and bounce a ball	Sit down and stand up 10 times	Make a silly dance move