




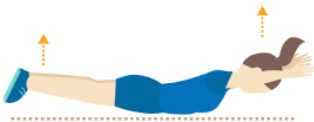






Whinless Down Academy - Sport activities you could try during Half Term

<p>★ A walk in the fresh air with someone from your household</p> 	<p>★ Go for a jog outside in the fresh air with someone from your household</p> 	<p>★ Create five different balances</p> 
<p>★ Create a dance routine to a piece of music</p> 	<p>★ Learn some yoga movements</p> 	<p>★ How long can you hold arch position for?</p> 
<p>★ How long can you hold front support?</p> 	<p>★ How many squat jumps can you do in a row?</p> 	<p>★ How long can you sprint on the spot for?</p>  

★ See if you can learn the rules of a new sport



★ Join in with one of Joe Wicks workouts



★ Create your own workout



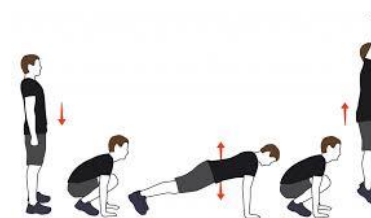
Invent a new sport game- Think of a name, rules, equipment and how you would score points

◆ Sport Game

★ See how many different stretches you know



★ How many Burpees can you do in a row?



★ See how long you can balance for



★ See how many shapes you can create with your body



Create a sports quiz- 10 questions with 3 possible answers. Only 1 answer is correct

◆ Sport Quiz

