

Funtime Friday – PE and outdoor

<p>Complete an indoor scavenger hunt collecting things from the list below (or make up your own). Indoor scavenger hunt</p>	<p>Join Joe Wickes in one of his PE lessons on YouTube. Try it live at 9am or watch one of the previous videos at any time. Joe Wickes YouTube channel</p>	<p>Have a try at one of these 10 minute shake up activities. There are some to do by yourself, and others that you might want to get your family to join in with. 10 minute shake up</p>
<p>Leave a trail in nature for someone to follow. Use leaves and twigs to make arrows to show the way to go, and maybe even put something at the end.</p>	<p>Make some space, put on some comfortable clothes and relax with a Cosmic Kids Yoga video. There are lots to choose from. Cosmic Kids Yoga</p>	<p>Go for a walk around your local area and see if you can find one thing that starts with each letter of the alphabet. You can take photos of anything that you can't collect.</p>
<p>Try making an insect hotel for your back garden to encourage the bugs to come and visit.</p>	<p>Join our sports coach in a virtual PE lesson. Each day he will be live at 10am on YouTube,</p>	<p>Make a bird feeder to hang in your back garden or by a window.</p>

<p>There are lots of things you can use for this. <u>Build an insect home</u></p>	<p>and then the videos are there for you to do at any time. <u>PE with Tommy</u></p>	<p>Keep watch to see what visitors you get. <u>Feed the birds</u></p>
<p>Use one of the attached PE bingo boards to create your own workout. Try to complete a whole row or column.</p>	<p>Go hunting for animal tracks to see what visitors have been there. It helps if it is a little bit muddy for this, so make sure you wear your wellies! <u>Tracks and signs</u> <u>Animal tracks</u></p>	<p>Choose some of these 60 second challenges to have a go at either inside or outside. <u>60 second activity challenges</u></p>