

Skill Practice:

Jumping -

Frogs or Rabbits

Play with a grown-up. When the grown-up shouts out 'frogs', you will try to jump as far as you can. When the grown-up shouts out 'rabbits', you will try to jump as high as you can.

Can You Reach It?

A grown-up will hold up an object above your head e.g. a teddy. Jump as high as you can to reach it. How high can you jump?

Don't Go Down the Hole!

In a safe space, lay out a range of old boxes, such as cereal boxes, shoe boxes etc. These will be your 'holes' that you must jump over! See how many holes you can avoid!


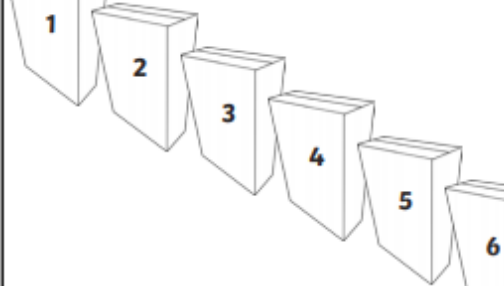
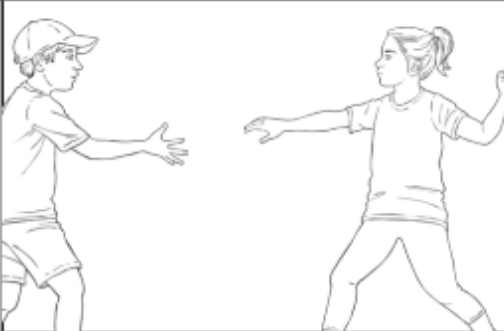

Number Jump

Using chalk on the floor or an old sheet, ask a grown-up to help you write a range of numbers in a random order. When the grown-up shouts out a number or rolls a dice, try to jump to the correct number.

How to Jump:

1. Make sure ankles, knees and hips are bent.
2. Look forwards or towards where you are jumping.
3. Swing arms back, ready to jump.
4. Both feet should leave the ground at the same time.
5. Swing arms forward as you jump and land.
6. Land, as quiet as a mouse, on both feet at the same time with ankles, knees and hips bent.

Throwing and catching -

<p>1. Try this activity to sharpen up your catching skills. Stand facing a friend or family member, about 2 metres apart. Throw a ball to your partner. Once they have caught this, they can throw it back to you. Count each pass that is caught successfully. The aim of the game is to see how many times you can catch the ball before one of you misses. That's the record to beat! Try to get a higher score each time.</p>	
<p>2. This activity will help improve the accuracy of your throwing. Save six empty cereal boxes. Stuff them with crumpled-up newspaper, tape the lids closed, and number them 1 to 6. Place them in a line about two inches apart. Use rolled-up socks or a soft ball to throw at them. Play with a friend or family member. One person should call out a number and the other player tries to knock over that numbered box. Award one point for every correctly hit box.</p>	
<p>3. Try this activity with a friend or family member to help improve your striking skills. One player is the bowler and the other the striker. The bowler throws a soft ball (a pair of rolled-up socks works just as well) at the striker. The striker must hit the ball with the palm of their hand, as far as they can. Once they have hit the ball, they do as many star jumps as they can before the bowler has picked up the ball and returned to the bowling area. The batter remembers his/her score and swaps with the bowler.</p>	
<p>4. Try this game with a friend or family member. You will need a soft ball (a pair of rolled-up socks works just as well). One person will throw the ball as high up into the air as they can. The other person will attempt to catch it. Repeat this 10 times and then swap over. Keep count of how many successful catches are made.</p>	

Balancing -

1. Try making some different shapes and holding them for a count of 5 seconds. Start by making the tallest shape you can by stretching your hands up in the air and standing on your tiptoes. Next, try making the widest possible shape you can. Finally, can you make the smallest shape possible by curling yourself up in a ball?



2. Shape Alphabet - How many different letters can you make with your body? If you are finding certain letters difficult, ask a friend or family member to help make the letter shape with you. You could try lower case and upper case letters.



3. Shapes in the Air - Have a go at jumping as high as possible in the air and making different shapes with your body. Can you name the shapes you make?



4. Gymnastics involves great strength, balance and flexibility. You can improve your core strength by trying this fun activity. Pass a beach ball or similar between you and other family members or friends by lying on the floor and using your feet only.

