Stay fit and healthy!

With these three simple challenges

During lockdown…

- During lockdown it has been hard to keep fit and healthy, so that is why the we are giving you three easy challenges to complete:
- Bounce, Throw, Catch!
- Speedbounce
- Targets

To submit your entries of the challenges please upload on SeeSaw, have fun!

Throw, Bounce, Catch!

- Space: somewhere next to a wall, preferably outside
- Equipment: a large wall and a bouncy ball (or football)
- What to do: simply throw the ball against the wall, then let it bounce on the floor and then catch it. Then repeat! Count your score, but be quick, you only have 45 seconds!

SpeedBounce

- Space: somewhere open, inside or outside.
- Equipment: a small cardboard box or tin or anything to act as a barrier to jump over.
- What to do: as we do in school, you have to lay the barrier down on the floor. Then once it's all set, speedily jump over and over (left to right) the barrier and count up how many bounces you do.
- For this challenge, you only have 30 seconds!

Targets

- Space: somewhere flat and open.
- Equipment: Two HulaHoops (if you have them) or two targets, such as any still object. A small ball or beanbag.
- What to do: lay the targets down 5 big steps away from each other. Start at one end, when the time starts, throw the ball at the opposite target. If it lands on, in, ontop or through, that is one point. once the ball has been thrown, run to the other end to pick it up and then throw aiming at the other target. Count how many times you hit each target, you only have 60 seconds!

Thank you for taking part!



The class with the highest total score wins!