





Staying Active at Home

Week Two Challenges

<p>Monday - Mr Upton Challenge</p>	<p>Use the following You Tube link https://youtu.be/IZVU_1jEqdQ and have a go at the fun challenge set by Mr. Upton. Please ensure that children are accompanied when using the Internet to access You Tube, as the next video plays once the current one has ended and this content may not be appropriate for children.</p>
<p>Tuesday - Time Yourself If you do not have a ball, try a toilet roll or a pair of socks.</p> <p>Extra challenge - How many times can you clap in between each throw?</p>	<div style="border: 2px dashed blue; padding: 10px;"> <p style="text-align: center;">Catch and Clap</p> <div style="float: right; border: 1px solid black; border-radius: 50%; padding: 5px; background-color: #fff9c4;">Which skills do you think will be key to succeed?</div> <p>The Physical Challenge</p> <p>How many times can you throw a ball up, clap once and catch it in 60 seconds?</p> <p>The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.</p> <p style="text-align: center;">#StayHomeStayActive</p>  </div>
<p>Wednesday - Wellbeing Yoga Try a Yoga pose.</p>	<div style="border: 1px solid blue; padding: 10px;"> <p><small>Yoga Cards</small></p> <p style="text-align: center;">Warrior II Pose - Virabhadrasana II</p> <p>Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.</p> <ol style="list-style-type: none"> 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°. 2 Inhale, and lift your arms parallel to floor. 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle. 4 Keep your torso tall, turn your head, and look out over your fingertips. 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.  </div>
<p>Thursday - Try A New Skill Can you pass a ball/a pair of socks around your waist/legs/head? Can you bounce a ball between your legs? Can you spin a ball on your finger?</p>	
<p>Friday - Fun Making Make something fun to help you practise your hand and eye co-ordination.</p>	 <p style="text-align: center;">Ball Maze Game</p>