

My goal(s) for this week:



Ideas

1. The Premier league is back! Watch your favourite football team back in action.
2. Ride bikes! Bike riding is so good for balance, core strength, and cardio.
3. Set up a relay race. Running a relay race is great exercise, but working to set up a relay race is also a good way to teach teamwork and sportsmanship.
4. Build an obstacle course. Brainstorm obstacles and set up a course in the garden. Take turns running it, and see who can run it the fastest! (If you have younger children who can't beat their older siblings' times, have them work to improve their own times instead of competing against each other.)
5. Play in water sprinklers. If it's warm enough, you can bring out the sprinklers to run through. This is a good way to get running, jumping, and in general be active. It's also a great way to cool down during the hot weather.
6. <https://darebee.com/workouts.html>

Whole School

