

While the weather is fine, get outside and try some of these fun activities.

- Play a game of Simon Says PE – Simon Says ... run to the fence and back or hop along the path or jump like a frog or do 15 star jumps
- We've been practising skipping in school a lot. If you have a rope, can you learn one of these skipping chants to skip along to? If you don't have a rope, you could skip or jump around your outside space.
- Draw a hop Scotch grid (or make one using sticks, or flagstones) to play hopscotch.
- Re-invent a game of tig/stuck in the mud – mix it up to have different ways of being 'stuck' and how to get free, have different characters – aliens and spacemen, sheep and wolves, spiders and birds – how would these move around?

If it's too cold or wet to go outside, have a go at one of these ideas:

- Write your own skipping chant to practise once it is fine again
- Design your own hop scotch grid – write the rules for how to play the game. How will you move across your grid? How will you decide which space to leave out?
- What other games do you enjoy playing? How could you improve them? Think about how you could rewrite the rules so people can play the games with smaller teams, or how the skills and tactics can be used by people playing by themselves.
- If you have access to music channels on the television, tape some of the dance mixes or make a playlist on your phone or other devices so you can have a boogie in the living room or do some aerobic exercises or even play musical statues!
- Jog on the spot each time the adverts come on – change your exercise for each new advert – spotty dogs, jumping, hopping, sit ups etc.