

Other Subjects 19.6.20 Movement

Have a go at these types of exercises -

1. Dance + freeze –stick on your favourite tunes!

Adding a "freeze" element to a living room dance party makes it more fun for kids while also encouraging them to practice their balance.

2. Yoga –have a look at online videos if you have an adult with you. Or try these



Practicing yoga together is a great way to challenge balance and coordination while also getting some much needed zen time as a family.

3. Beanbag toss

This super simple activity is great. Set up two baskets, one full of beanbags or soft balls. You can practice throwing a beanbag from one basket to another to work on coordination. Move the baskets further apart as you get the hang of it.

4. Jump rope – only do this if you have a skipping rope.

Jump rope is the perfect indoor or outdoor PE activity because it uses up so much energy, requires very little space and is excellent practice for coordination.