

<p>Skip! Keep practising!</p>	<p>Use Cosmic Kids Yoga. Ask an adult to use the internet first.</p>	<p>Play "Beans" with a friend.</p>	<p>March on the spot for 1 minute. Knees high, arms swinging!</p>	<p>Play outside in the garden.</p>	<p>Dribble a football. Use both feet!</p>	<p>Think of 5 different activities to raise your heart rate.</p>
<p>Dance to your favourite song. Make up some steps.</p>	<p>Use the Super Movers (BBC) website. Ask an adult to use the internet first.</p>	<p>Throw and catch a ball with an adult.</p>	<p>Play with a hoop. What can you do with it?</p>	<p>Research a famous sportsman or woman &amp; make a poster.</p>	<p>Design a healthy meal for a sportsman or woman.</p>	<p>20 star jumps.</p>
<p>Play with a bat &amp; ball.</p>	<p>Balance on one foot. 10 seconds on each. Try again! Keep going.</p>	<p>Run a race.</p>	<p>Find out ten facts about a sport you are interested in.</p>	<p>Go to the park with an adult. Use the play equipment.</p>	<p>Move like a... Crab, frog, rabbit. Can you think of anymore?</p>	<p>Ride your bike. Wear a helmet.</p>
<p>Bounce a ball 50 times!</p>	<p>Chase some bubbles!</p>	<p>Your choice!</p>	<p>Jog on the spot for one minute. Can you make that 2 minutes?</p>	<p>Play a game with a ball.</p>	<p>Jump forwards and backwards over a line – 25 times.</p>	<p>Play hide and seek!</p>
<p>Throw and catch a ball with an adult.</p>	<p>Create your own game &amp; play it.</p>	<p>Roll a ball and run after it!</p>	<p>Have a kick about. Score a goal!</p>	<p>Your choice!</p>	<p>Hop on each foot – 15 times. Try it again!</p>	<p>Play with a balloon. Keep it in the air for as long as you can!</p>