Physical Education Activity Ideas

Dance Party –

* Get your favorite music ready to make this dance party ROCK!! Kidzbop is always a great option☺
* You’ll create your own dance. Use the suggestions below for ideas.
* Remember to create moves in counts of 4 or 8.
* Practice your moves.
* See if you can use at least 4 different moves in your dance.
* Now show your family what you’ve created and invite them to dance with you.

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| Robot Dance | Basketball Dance |
| Football End Zone Dance | Superhero Dance |
| Grasshopper Dance | Soccer Dance |
| Tip toe Dance | Super Cardio Dance |

Tennis skills –

* Practice bouncing the ball on the ground with your racket. Count how many times you can bounce the ball in a row.
* Practice bouncing the ball into the air from your racket. Count how many times you can strike the call in a row.
* Practice hitting the ball onto the wall. See how many times you can hit the ball in a row.
* Ask someone in your family to practice hitting with you.

Obstacle course –

* Set up obstacles in a clear, safe area.
* Use things you can crawl under (eg. a chair), go around (eg. a container), jump over (eg. a chair cushion). Be creative!
* Add as many items to your obstacle course as you want.
* Have a start and an end to your obstacle course.
* Go through your obstacle course and use different locomotor movements. (Skip, gallop, jog, bear crawl, crab walk, tiptoe)
* Have fun and invite your family to help or watch or join you.

Kickball game –

* See if your family is up for a game of kickball.
* Set-up your playing area.
* Homebase, and three more bases.
* Grab a ball. Might be a good idea to run and kick it since numbers will be limited or someone can roll the ball. Kick it as hard as you can and run each base in order to get home before you get tagged.
* Have fun☺