

PE ACTIVITY Grid

<p>20 High Knees 10 Burpees 10 push ups 10 sit ups (repeat 3 times)</p>	<p>Goal Shooting: Practice kicking, throwing and hitting between it</p>	<p>20 mountain climbers 30 second plank 20 squats 20 jump side to side (repeat 3 times)</p>	<p>Tip Play a game of tip (survivor tag or tip) with your family members. When you get tipped do 5x squats</p>
<p>Dancing Queen Search goNoodle on youtube and dance to some of their workouts</p>	<p>20 star jumps 15 push ups 20 lunges 20 bicycle crunchers (repeat 3 times)</p>	<p>Piggy in the middle Practice throwing and catching with a family member / against a wall</p>	<p>20 crunchers 20 step ups (each leg) 20 tricep dips 20 squat jumps (repeat 3 times)</p>
<p>20 lunge walks 10 burpees 1 minute plank 10 push ups (repeat 3 times)</p>	<p>Cosmic Yoga Search cosmic Yoga on youtube and practise your flexibility and strength</p>	<p>20 side-to-side jumps 30 second plank 15 push ups 20 mountain climbers (repeat 3 times)</p>	<p>Shoot some Hoops Practice your netball/b-ball hoop shooting (make a target if you don't have a hoop- or use some socks inside)</p>
<p>Tennis Practice hitting a ball up and down on a tennis racquet. Practice hitting against a wall</p>	<p>Run/Walk Go for a run or walk with a family member</p>	<p>Juggling Learn to and practise your juggling skills. https://www.youtube.com/watch?v=dCYDZDlcO6g</p>	<p>25-20-15-10-5 Complete 25 of each then 20.... 5 Squats Push ups Lunges Sit ups</p>