

Friday, June 12th 2020

To Colour/Draw



To Make:

Toilet roll rockets!!

Use coloured paper, scissors and lots of glue to create your own rockets!



To Do:

Write out the numbers 1-10 on pieces of paper. Then pick a piece, check the number and do that exercise! Everyone in the family can join in!!

GET OUT AND PLAY

Outdoor activity circuit and reward tracker

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1. do 6 cartwheels
2. roll across the grass on your side 10 times
3. take 15 giant steps forward
4. run to the nearest building (or built object) & back 3 times
5. hop on one foot 8 times - repeat with other foot
6. spin around with your arms outstretched 10 times
7. hop like a frog 7 times
8. take 15 giant steps backwards
9. walk like a crab to the nearest building (or built object) & back
10. jump up and down 14 times
11. walk like a bear to the nearest building (or built object) & back
12. take 15 giant steps sideways - repeat other side

