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| ***Challenge:***  How many times can you catch and throw a ball to someone, or against a wall, without dropping it? Try to beat your score! | ***Challenge:***  Create your own obstacle course and try to beat your time! | ***Challenge:***  Create a snow structure/fort/snowman! Have some fun outside! | ***Challenge:***  Go for a walk/even around your yard. What do you hear, see, smell, feel? | ***Challenge:***  Create and play your own target game! |
| ***Challenge:***  Deck of Cards Warm up:  Assign each shape a different exercise. Ex: Hearts = jumping jacks  Take turns flipping cards and doing that exercise. The number on the card tells you how many to do. | ***Challenge:***  Practice some basketball shots indoors by using a bucket/garbage can as a low target and some socks for a ball! | ***Challenge:***  How many times can you skip? Hoola hoop? Use a small ball to do tricks with your feet (like hacky sack)? | ***Challenge:***  Make your own hopscotch on your driveway or in the hallway. | ***Challenge:***  Play **“Slap Ball”**  See instructions on my teacher page! |

Keep Active Challenge

April 6th - 17th

Hi Everyone!!! I miss you terribly! Here are a few ideas to keep you active and having fun while you are home! I challenge you to give them a try in any order you please! I will post new ideas every 2 weeks with instructions to any games I may have written down! Let’s do it! Mrs. Knowles