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| Ball Skills - Goals* Set up goals
* If you have more than one player take turns being the goalie
* Each player gets 10 shots each and keep score on how many goals you get

Challenge: Make the goals smaller | Volcano ExperimentYoutube - Baking soda experiment or How ro make a Volcano | Follow the leaderPlay music if indoorsOne person is the leader - make a movement to perform to the beat of the musicThe rest of the family or friends follow the leaderTake turns being the leader |
| Lava LampYoutube - DIY lava lamp | Running - StaminaTo build stamina you have to challenge yourself to run long distances without stopping.Decide your routeOption 1 - building (8mins runs total)* Run for 1 mins, walk for 1 min
* Run for 2 mins, walk for 1 mins
* Run for 3 mins, walk for 1 mins
* Continue this increasing each time until you can run for 8 solid minutes without stopping

Option 2 - advancedRun for 8-12 mins without stopping | GOOP!!Youtube - How to Make Goop |
| DancePick your favourite musicCreate a dancePerform to your friends and family | Balloon Powered CarYoutube - Balloon Power | Ball Skills - Dribble* Set up cones or stones/objects about a metre apart
* Dribble in and out all the way to the top and back
* Log time
* Do this 5 times each
* Who got the best time without touching the cones?
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