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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 Experiment  Youtube - Baking soda experiment or How ro make a Volcano | Follow the leader  Play music if indoors  One person is the leader - make a movement to perform to the beat of the music  The rest of the family or friends follow the leader  Take turns being the leader |
| Lava Lamp  Youtube - DIY lava lamp | Running - Stamina  To build stamina you have to challenge yourself to run long distances without stopping.  Decide your route  Option 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 - advanced  Run for 8-12 mins without stopping | GOOP!!  Youtube - How to Make Goop |
| Dance  Pick your favourite music  Create a dance  Perform to your friends and family | Balloon Powered Car  Youtube - 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? |