



FIZZY FUN – OUTSIDE

Enjoy these outside activities if you have access to your own garden.

TASK 1 – Throw and catch a ball/beanbag with an adult or sibling. Catch with both hands from varying distances and directions.

TASK 2 – Use both hands to throw a beanbag/ball into a hoop/box/bucket (whatever you have available) from varying distances. What was the furthest distance you could do?

TASK 3 – Keep your feet still while you bounce and catch a ball using both hands. How many times could you do this without dropping the ball?

TASK 4 – Stop a rolling ball coming towards you with your foot. Your foot must be placed on top of the ball to stop it. Try using the other foot. Which foot did you find easier to use?

The following activity you can do indoors or outside:

TASK 1 – Simon says- with an adult or sibling, in a sitting or standing position copy “Simon’s” actions.