

Thursday, 30th April

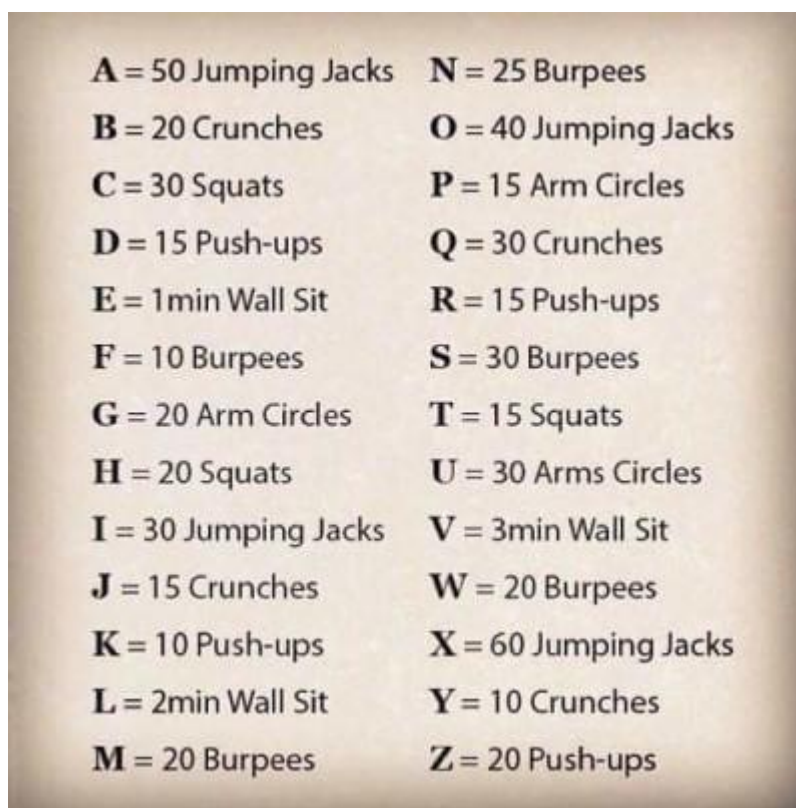
Good morning everyone!

It's nearly the end of the week and you may be feeling a bit tired after all your physical activity but we hope you can find a little more energy to keep going!

Today, try to take some ideas from the suggested calendar that went up on Monday –

Maybe build your own obstacle course, suitable for the people in your household to complete! Or try a game of Clap Clap to start the day!

Another fun activity to do would be to sit down and make up your very own Alphabet Activities. Choose whatever activities you like to go with each letter. Below is a sample of what it could look like but adjust it to suit yourself. When you are finished, get each member of the family to spell out their name and do the activity that corresponds with their letters! Have some fun with this one!



A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Push-ups	Q = 30 Crunches
E = 1min Wall Sit	R = 15 Push-ups
F = 10 Burpees	S = 30 Burpees
G = 20 Arm Circles	T = 15 Squats
H = 20 Squats	U = 30 Arms Circles
I = 30 Jumping Jacks	V = 3min Wall Sit
J = 15 Crunches	W = 20 Burpees
K = 10 Push-ups	X = 60 Jumping Jacks
L = 2min Wall Sit	Y = 10 Crunches
M = 20 Burpees	Z = 20 Push-ups

Another fun thing to do that is not as energetic as the past few days but just as much fun is an Outdoor Scavenger Hunt! Please find a sample one below, but if the older classes would like to make up their own, then this could be a good challenge that suited your own garden/surroundings.

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- 5 LEAVES THAT LOOK DIFFERENT
- A STICK THAT IS LONGER THAN YOUR HAND
- A ROCK WITH SPOTS ON IT
- A FLOWER
- A FLAT ROCK
- 10 BLADES OF GRASS
- SOMETHING YOU LOVE TO PLAY WITH
- A PIECE OF TRASH YOU CAN RECYCLE
- SOMETHING THAT IS BROWN
- SOMETHING THAT IS HEAVY
- SOMETHING THAT IS VERY LIGHT
- SOMETHING THAT NEEDS SUN TO LIVE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything
gets put back where it belongs!

For the younger children, an indoor hunt can be lots of fun too so have a look at the suggested example below and then see what you can find!

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS
IN A BAG OR BASKET. CHECK THE BOXES
AS YOU FIND EACH ONE.

- A TOY WITH WHEELS
- A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- A PAIR OF MATCHING SOCKS
- 4 THINGS THAT ARE GREEN
- SOMETHING VERY SOFT
- A TOY SMALLER THAN YOUR HAND
- SOMETHING ROUND
- A BOOK WITH NUMBERS IN IT
- 5 LEGOS THAT ARE ALL DIFFERENT
- A PHOTO OF SOMEONE YOU LOVE
- AN ITEM YOU CAN SEE YOURSELF IN
- AN ITEM THAT MAKES YOU FEEL COZY
- A TOY THAT HAS 3 DIFFERENT COLORS
- A MOVIE THAT HAS "S" IN THE TITLE
- YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything
gets put back where it belongs!

For a high energy fun workout video try the **Pump It** Video on Go Noodle - this videos can be viewed on you tube also <https://www.youtube.com/watch?v=etYhiq9hM8A>

Wake Up – Fresh Start Fitness is another great one
<https://www.youtube.com/watch?v=ALrdpsWYoJs>

As usual, feel free to follow your own schedule of activities and do whatever is suitable for you –

A game of football/basketball outside works just as well!

You are nearly there!

Well done & keep it up!