

# Health and Wellbeing

## Physical Activity UKS2

### Speed test!

See how many star jumps you can do in 1 minute; you must jump and move your arms at the same time. You can use a timer or ask someone else to count to 60 seconds (1 minute) for you.

Easier: count how many jumps on the spot you can do in 1 minute.

Harder: clap your hands above your head.



### Follow the leader!

You need a partner for this one; one person goes first and the other person has to copy what they do. You could do this inside or outside. Once the first person has had a go, swap over.

Easier: stand still and copy your partner's moves.

Harder: add in instructions to make it harder to follow.



### Dancing!

Turn up your favourite song and dance to the beat.....can you find songs with different tempos in them? Ask someone at home what their favourite song is and dance to it!

Harder: find something to make music with and use it to join in with the beat.



### Target practise!

Set up a target; it could be a hoop, a cone or something like a cushion you can aim at. Pick something like a small ball, a small teddy or something else soft that you can throw at the target. Aim and throw the ball at the target. See how many times you can hit the target in 2 minutes.

Easier: move the target closer

Harder: use the opposite hand

