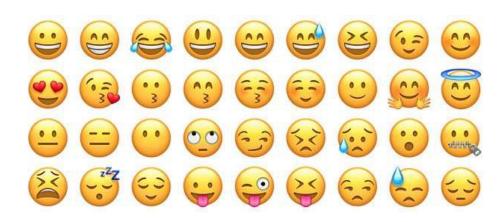
Year 1-2 HPE at Home:

Choose a physical activity that you like doing with someone in your house:

Create an obstacle course around your home (inside or outside) -as long as it's not dangerous. Challenge yourself to get better at it. Change it up.	With what you have at home, make a hut (inside or outside)	With the stuff you have lying around outside, create your own magic play box. <u>https://www.youtube.com/wat</u> <u>ch?v=tAnnzkQzdgk&feature=</u> <u>emb_title</u>
Make a new game with the equipment you have at your house.	Get some chalk and make a game or a physical challenge https://activeforlife.com/8-active-c halk-games/ https://www.highlights.com/paren ts/family-activities/10-things-do-sid ewalk-chalk	Go for a walk in your neighbourhood with your family. Look for: Teddys; Different types of birds; Different types of trees;
Fly a kite at your local park.	Go for a bike ride around your streets.	Do a cosmic kids yoga session <u>https://www.youtube.com/use</u> <u>r/CosmicKidsYoga</u>
Kapahaka for kids https://www.youtube.com/wat ch?v=oVwjxQrnc		



- After each activity discuss what was enjoyable, why, why not?
- Choose the emoji to help explain how the activity made them feel. Ask why they chose that emoji?

• Possible extension- get them to draw a picture or write about what you did.