

Year 1-2 HPE at Home:

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

<p>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.</p>	<p>With what you have at home, make a hut (inside or outside)</p>	<p>With the stuff you have lying around outside, create your own magic play box. https://www.youtube.com/watch?v=tAnnzkQzdgk&feature=emb_title</p>
<p>Make a new game with the equipment you have at your house.</p>	<p>Get some chalk and make a game or a physical challenge https://activeforlife.com/8-active-chalk-games/ https://www.highlights.com/parents/family-activities/10-things-to-do-sidewalk-chalk</p>	<p>Go for a walk in your neighbourhood with your family. Look for: Teddys; Different types of birds; Different types of trees;</p>
<p>Fly a kite at your local park.</p>	<p>Go for a bike ride around your streets.</p>	<p>Do a cosmic kids yoga session https://www.youtube.com/user/CosmicKidsYoga</p>
<p>Kapahaka for kids https://www.youtube.com/watch?v=oV_wjxQrnc</p>		



- 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.