Home Heroes

* Guardians
* Grandparents

PE activities related to home heroes-

* Joe Wicks morning wake up to do with all above
* Go for a walk with guardians
* Light yoga with Grandparents can do over skype/ zoom
* Ride a bike with guardians if you have a bike
* Go to the park with Guardians
* Play football with parents
* Charades- guess the animal with guardians/ can do over skype or zoom. Take name out of a cup and perform that animal to Grandparents
* Helping guardians wash the dishes
* Scavenger hunt with guardians
* Dance and freeze. Adding a "freeze" element to a living room dance party makes it more fun for kids while also encouraging them to practice their balance- do this with parents and over skype/ zoom to Grandparents. Could do it together
* Square game. Draw numbered squares on your driveway and challenge each other to bounce the ball to a family member standing in whatever number square you call out. (You do need four people for a traditional foursquare game, but if you have fewer than four people in your household, you can create a simple variation by drawing a triangle or a rectangle with fewer spots.) to do with guardians
* Obstacle course- using different resources around the house i.e. pillows, toys, couches with guardians
* Design and build a safe den