

PE at Home Outdoor Activities

- Parents
- Guardians

PE activities related to outdoor activities:

- Practice riding a bike (if you have one)
- Go the park for a walk
- Scavenger hunt in the garden
- Help tidy the garden
- Yoga in the garden
- Ball games in the garden
- Trampoline
- Help wash the car (if your parents/ guardians have one)
- Physical Activity Jar- Activities including; Crawl like a cat, Walk like a bear, Hop like a frog, Gallop like a horse, Crawl like a crab, Stretch as high as the tallest tree, Chomp like an alligator, Stand like a flamingo for as long as you can!, Prance like a chicken, Roar like a dinosaur, Waddle like a penguin, Stomp like an elephant, Flap like a bird, Crawl like a tiger (nice and low!), Slither like a snake, Slide like a seal
- Paper aeroplane (who can throw the furthest)
- Stuck in the mud
- Balloon Tennis
- Boules (throwing or rolling balls nearest the target)
- Riding a bike/ Scooter/ Skateboard
- Walk your dog (if you have one)
- 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
- Mini Olympics: Basketball-distance races, 1 legged race, egg and spoon race discus using Frisbees, High jump/ long jump, Tennis (using a balloon)