

Please send photos of your Sport's Week fun to [sbclaraphotos@gmail.com](mailto:sbclaraphotos@gmail.com) or/and upload to Seesaw. I hope you have a great week!

<b>Weekly Schedule</b>	<b>Sports Activities - press on links below for ideas on each activity.</b>	
<b>Monday 22<sup>nd</sup> June</b>	<p><b>Kicking</b> Kicking a moving object, foot dribbling, and trapping are all components of striking with the foot.</p> <ul style="list-style-type: none"> <li>• <b>Activity:</b> Through the gate!: <a href="https://www.youtube.com/watch?v=0wcn_Ygvy8I">https://www.youtube.com/watch?v=0wcn_Ygvy8I</a></li> </ul> <p><b>Running</b> The skill of running includes jogging, sprinting, dodging and evading. The ability to run is essential to perform a wide range of activities in both everyday life and sporting contexts.</p> <ul style="list-style-type: none"> <li>• <b>Activities:</b> Relay race with your family</li> <li>• Traffic Lights: <a href="https://www.youtube.com/watch?v=Uj9_pdx_vEA">https://www.youtube.com/watch?v=Uj9_pdx_vEA</a></li> </ul> <p><b>Throwing</b></p> <ul style="list-style-type: none"> <li>• <b>Activity:</b> Knock 'em Down Pinball: <a href="https://www.youtube.com/watch?v=_BwUf9mXm4Y">https://www.youtube.com/watch?v=_BwUf9mXm4Y</a></li> </ul>	
<b>Tuesday 23<sup>rd</sup> June</b>	<p><b>Landing</b></p> <ul style="list-style-type: none"> <li>• <b>Activity:</b> Jack Be Nimble: <a href="https://www.youtube.com/watch?v=nllViOJhowc">https://www.youtube.com/watch?v=nllViOJhowc</a></li> </ul> <p><b>Balancing</b></p> <ul style="list-style-type: none"> <li>• <b>Activity:</b> Walk The Line: <a href="https://www.youtube.com/watch?v=y_v3a56R1DE">https://www.youtube.com/watch?v=y_v3a56R1DE</a></li> </ul>	
<b>Well-being Wednesday 24<sup>th</sup> June</b>	<p><b>Relax Kids:</b></p> <ul style="list-style-type: none"> <li>• Video will be uploaded to <i>Seesaw</i> Wednesday morning.</li> </ul> <p><b>Yoga: Cosmic Yoga - Fairy Floss</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.viewpure.com/wVhHPtrrSGE?start=0&amp;end=0">http://www.viewpure.com/wVhHPtrrSGE?start=0&amp;end=0</a></li> </ul> <p><b>Active Dance:</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.cosmickids.com/category/watch/?video_category=dance&amp;changed=video_category">https://www.cosmickids.com/category/watch/?video_category=dance&amp;changed=video_category</a></li> </ul>	

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<p><b>Thursday 25<sup>th</sup> June</b></p>	<p><b>Backyard Obstacle Course using household items:</b> An obstacle course should include a variety of movement such as: • Crawling • Running • Jumping • Skipping • Hopping • Balancing • Moving sideways • Rolling</p> <p>Press on link for ideas on how to make an Obstacle Course at home: <a href="https://www.youtube.com/watch?v=sXjDO9G2JQY">https://www.youtube.com/watch?v=sXjDO9G2JQY</a></p> <p><b>My Five Senses Scavenger Hunt at home:</b></p> <ul style="list-style-type: none"> <li>• See template to follow which will be uploaded to <i>Seesaw</i>.</li> </ul>	
<p><b>Friday 26<sup>th</sup> June</b></p>	<p><b>Traditional Sports Day Ideas:</b></p> <ul style="list-style-type: none"> <li>• <i>Egg and spoon/ spud and spoon race</i> - Choose where your race will start and finish. Balance an egg on a spoon. Try not to drop the egg!!</li> <li>• <i>The Sack Race</i> -Choose where your race will start and finish. Use an old potato sack or a pillowcase. Hop along to the finish line!</li> <li>• <i>Fill the Bucket</i> - Place the bucket a distance away (e.g. 1 metre). See how many clothes pegs you can toss into the bucket in 1 minute!</li> <li>• <i>Welly Toss</i> - See who can throw a welly the furthest! Mark your spot with a cone / shoe / other item of choice</li> <li>• <i>Long Jump</i> - Stand with your legs together and jump. Who can jump the furthest?</li> <li>• <i>Musical statues</i></li> <li>• <i>Hopscotch</i></li> </ul>	<p>See videos on <i>Seesaw</i> for traditional sport's day activities.</p>

**Household Alternatives to sports equipment:**

- Red, yellow, green cones - circles cut out from a cereal box coloured red, yellow, green etc.
- Hula/Hoops - Skipping ropes
- Cones - Paper plates, cans of beans, toys boxes, Teddies
- Obstacle course - any toys or equipment around the house - be creative as you like!