

PE - things you can do at home

- Learn to ride a bike or scooter
- How many hops/jumps can you do in 1 minute?
- Learn to swim
- Make a dance up for your favourite song
- Make an obstacle course in your garden
- Go for a family walk
- Join a sports club
- Play football in the garden/park
- Climb a tree
- Have races (running, hopping)
- Talk about sportsmen/women
- Bounce on a trampoline