

SCHOOL GAMES



WARM UP



ACTIVITY 1



Zumba Dance Party!

Take a look at the [video](#) and show off your best Zumba dance moves!
Can you create your own dance moves?
After you have finished dancing, take a short break and grab a drink!

The Bean Game!

Someone in your house calls out different types of beans and you must move in a certain way. This can be done on the spot or around a room.

Jumping beans = jump around area

Runner bean = run around the area

Jelly bean = shake body as moving

French bean = can-can alternate legs

Can you create your own bean movement?

ACTIVITY 2



Exercise Mashup!

Complete each of the following movements for 20-30 seconds followed by a 15 second rest period.

Alternate Punches - Standing with your feet shoulder width apart, raise your hands to head height and punch across your body with your left hand, return to the starting position and repeat with your right hand across your body and so on.

The Windmill - Stand like a star with your feet and arms spread wide. Bend from the hips and touch your right foot with your left hand. Return to the star position and repeat by touching your left foot with your right hand.

See this [video](#) for more fun exercises and don't forget to have a drink!

CHALLENGE 1



Basketball Shooting

Using a pair of rolled up socks, place a target (bin, sauce pan etc.) up against a wall. Try to shoot your socks into the target. Repeat 5 times and see how many you can score. For an added challenge, move your target away from the wall or place behind a chair in your house. How many can you score this time?
Use this challenge as practice for your entry into the **SLSSP Quad Cup - Virtual Basketball Challenge**. Click [here](#) for more information and to enter the competition!

