

NOT AT SCHOOL

# SCHOOL GAMES



## ACTIVITY 1



### Mini HIIT Workout

Complete to the following exercises for 20 reps each. How many times can you repeat in 5 minutes?

High Knees

Heel Flicks

Jumping Jacks

Lunges

Kangaroo Jumps

## ACTIVITY 2



### Capoeira

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics and music. The class starts with basic skills and gets harder as it goes along. Have fun and do what you can.

Here is the [video](#)!

## WARM UP



### Learn to Juggle!

Can you juggle 1, 2 or 3 different objects? You can use rolled socks, tea bags or any other soft items you have to hand. Take a look at this [video](#) for some handy tips from an expert!

## CHALLENGE 1



### Catching

Roll up a pair of socks and set yourself a 30 second timer. How many catches can you do in this time? Each throw must go above head height. Repeat and see if you can beat your score from your first attempt.

Try this challenge with one handed catching. How many can you score this time?

Also try clapping in between each catch. What is the amount you can catch?

