

SCHOOL GAMES



ACTIVITY 1



Indoor Golf

Get creative in your house by playing golf using your hand, rolled up socks and a bowl! What items can you use in your house to create different golf holes?

Take a look at this [video](#) for inspiration!

ACTIVITY 2



Full Body Workout

Complete the following movements for a specific amount of time or set amount of reps.

Dynamic Hip Flexor Stretch -

Stand with your feet together and begin by raising your right knee up and pulling it into your chest with your hands and then returning to the starting position. Repeat with your left knee.

Check out this [video](#) for further workout moves and don't forget to have a drink!

WARM UP



Roll The Dice

The Dice – Roll the dice twice, add the numbers up and complete a warm-up movement for that amount of seconds or times. Examples could be high knees, jumping jacks, side steps, jogging on the spot.

What warm up movements can you think of?

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!**

