

ACTIVE HOMEWORK MENU

- Cycle your bike for 10 minutes _____
- Kick a ball with someone for 10 minutes _____
- Draw your own hopscotch with chalk and play _____
- Go for a walk _____
- Play tag/catch for 10 minutes _____
- Throw a ball with someone for 10 minutes _____
- Dance to your favourite song for 10 minutes _____
- Play a physical activity game of your choice for 10 minutes _____
- Skip for 5 minutes _____
- Play balloon tennis/ volleyball _____
- Run for 5 minutes _____
- Child's choice of physical activity for 10 minutes _____
- 10 Push-ups (on knees) _____
- 20 High Knees _____
- 20 sit ups/ crunches _____
- 20 Heel kicks _____
- Hop on Right leg 10 times (repeat) _____
- Hop on Left Leg 10 times (repeat) _____
- Run on spot for 30 seconds _____

- Other Activity of Choice (Please specify) _____

- Other Activity of Choice (Please specify) _____

- Other Activity of Choice (Please specify) _____

- Other Activity of Choice (Please specify) _____

