Get Active Pick & Mix

These activities help to develop both fine and gross motor skills and are fun for all the family

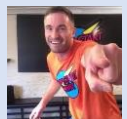|			
This is PE Fun, free PE activities for all the family https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL	Practise tying knots with pieces of string or wool. Maybe you can tie lots of pieces of string together to make a really long one.	Choose one of the Cosmic Yoga activities on youtube https://www.youtube.com/user/CosmicKidsYoga	Make a necklace or wrist band by threading beads onto a string. Alternatively you could thread penne pasta or macaroni, cut up straws, paper circles with holes punched in the centre….
Have a go at doing up your own zip, poppers, buttons. I f you can already do this, practise tying up a shoelace.	Go for a walk, cycle, jog or scoot, with someone in your family.	Put a thin stick into a piece of dough or plasticine. How many Cheerios or penne pasta pieces can you put on in 1 minute?	Build an obstacle course with things to balance on, jump over, weave in and out of. To make it harder you could put a bean bag or a soft toy on your head or balance a small ball on a spoon as you move along your obstacle course.
Jump Start Jonny Live at 9.00 daily Monday – Friday or catch up with the recorded versions later in the day https://www.youtube.com/watch?v=IDuWSTyM8RA	Mix together some grains of rice and some lentils. Now try to separate them back out into 2 pots, by picking only 1 grain or lentil at a time. Other things you could use are dried peas, sunflower seeds, porridge oats or any other similar foods or small objects you might have in your house. If you are competitive, try timing yourself.	Boogie Babies Join in with these fun dances on CBeebies https://www.bbc.co.uk/programmes/b006mvsc	Make your own pom pom. You may need a little help to make he cardboard frame. https://www.google.com/search?q=make+your+own+pom+pom&rlz=1C1CHZL_enGB770GB770&oq=make+your+own+pom+pom&aqs=chrome..69i57j0l7.4689j0j8&sourceid=chrome&ie=UTF-8#kpvalbx=_anLBXuOPDaqC1fAP1uWz0A446