Wednesday 8\textsuperscript{th} July

Today you have 3 active tasks to complete and one maths mystery - enjoy!

Activity 1 - Keepie - uppie challenge

https://www.bbc.co.uk/cbbc/watch/p022h5bp

Keepy Uppy
Find any ball in your household to use for this one, if you don't have a ball be creative - roll of socks, scrunched up paper etc. Using any part of your body all you have to do is try to keep your ball in the air for 30 seconds - catching the ball is not allowed. If you want to add a twist, you can use a racket or a bat to help keep the ball up. If you want to work together with somebody else in your family you can.

Make it harder
• Use a smaller or bouncier ball
• Limit yourself to only 1 or 2 parts of your body

Make it smaller
• Use a bigger or lighter ball. Or a balloon.
• Allow the ball to bounce on the floor once after you hit it

Don't forget to video your attempts and send to us!

Activity 2 - toe taps

Toe Taps
Get a football or similar sized ball and start by standing behind it. Then tap the ball with the sole of your right foot (don't stand on the ball!) before hopping onto your right foot and tapping the ball with the sole of your left foot. Continue this for 30 seconds and see how many times you can tap the ball. Aim to keep the ball still.

Make it harder
• Use a smaller or odd shaped ball
• Perform your toe taps by moving the ball forward or backwards with each tap

**Make it easier**
• Use a cushion or pillow instead of a ball
• Slow your toe taps down by stepping in between each tap instead of hopping

**Activity 3 – Find your pulse**

Find your pulse, either in their wrist or neck. Once you have checked you can find it then lay in silence, eyes closed, on the floor and rest for the length of 2 minutes with gentle music in the background. https://www.youtube.com/watch?v=X-3Wo8Qm6H4

At the end of the 2 minutes, without talking, find your pulse. You count for 6 seconds and then multiply the answer by 10. Write the number down.

**NOW..........**

Speed bounce for 60 seconds. Place something on the floor to use as a small hurdle (a sock, a small pillow, a rolled up piece of paper) and jump sideways over it back and forth.

After you have finished find your pulse and record again as above. Write down this number and compare to your resting pulse. What has happened and why?

**Activity 4 – Mystery Maths Missing Football**