Monday 6th July

As this week is sports week your first task is to set up an assault course. This can be inside or outside. Be as creative as you like, but stay safe!

You may use objects to jump over, crawl under, climb through. Chalk could be used to draw outside on the ground. Balls could be thrown, skipping ropes could be used. Running, hopping, skipping.

Once you have designed your assault course, it would be fun to have some people to take part! If you are doing it on your own, see if you can get faster each time.

Draw a table to record the results in. Who was the fastest to complete your assault course? Who was the slowest? How much faster were you than another member of your family?

There is also an acrostic poem for you - can you start each line beginning with the correct letter? Below is an acrostic poem example from me and my daughter.
Great fun and exercise

Young, flexible superstars

Hy mighty strong muscles

Never give up!

Artistic dance moves

Strong arms

Light shapes

Incredible flips in the air

Artwheels across the floor

Super fun and exercise!