



Curiosity Fridays – Get Physical



“The true sign of intelligence is not knowledge, but imagination.” Albert Einstein

Strictly Come Dancing Put on your favourite piece of music and just dance! Try making up your own routine. 	Keepie-Uppies How many times can you bounce a ball on a tennis racket or kick it without dropping? Can you beat your record? If there are two of you, throw or kick it between you.	Obstacle course Build an obstacle course in your garden. Try to include going over, under and through obstacles. You could even include dressing up!	Ping Pong puff Set up mini goals on a table or the floor and blow through straws to move a ping pong ball.  Or make a course and blow your ping pong ball along it.	Helping Hand Do the hoovering or dusting to help out around the house. Put on your favourite music and listen while you work. 
Yoga Alphabet Hold your body in a pose like each letter of the alphabet. Try to hold each shape for 5 seconds. 	Circuit Training Set up different stations around the house or garden. Do each activity for 2 minutes then change. Ideas: star jumps, sit ups, hops, jumps from side to side, jogging on the spot...	Bike Ride Explore your local area by bike. Remember to wear a helmet. 	Go on a Trek Get a map of your local area and set out a route. Follow your map along the route. Or make a list of things to find along the way and tick them off when you find them. (eg A long stick, a leaf with more than one colour in it, a very long piece of grass, a feather, a flower, a piece of rubbish)	Challenge Yourself Set yourself a goal for the week. Choose from: • Run/walk/cycle 2km • Bounce 1000 bounces on the trampoline • Climb 1000 steps • Do 1000 basic salsa steps • Run around the garden 100 times