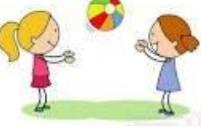


Fun Fitness Activities

Grade 2-3

Fun Fitness Activities are things that you can do if you don't have access to sports equipment at home. We have provided you with ideas to help achieve a minimum of 30 minutes physical activity every day. Huffing & puffing on a daily basis is good for our health & wellbeing! Links to websites are provided here for your convenience by clicking on the highlighted text in blue.

Huff & Puff activities that you can do at home without a plan	Ride a Bike 	Trampoline 	Hoola 	Ball Play 	Skipping 	Ride your Scooter 
<p><u>Sock Ball Bowling</u> Roll up some pairs of socks to create 3 sock balls. Set up empty plastic bottles as bowling “pins” and roll your socks to knock the pins over. See how many rolls it takes to knock all of the pins down. Then challenge a family member to a competition.</p> <p>**make sure you play in a clear, open space.</p>	<p><u>Throwing and Catching</u> Continue to practice your throwing (underarm/overarm) and catching using a tennis ball or a pair of rolled up socks. Throw towards targets, practice with a partner and try to increase the distance of your throw!</p>			<p><u>Endurance Fitness</u> Over the next 2 weeks focus on improving your endurance when riding your bike. This means continuously riding without stopping. Start with 5 minutes and gradually lengthen this to 10, 15 etc.</p>		<p><u>Skipping</u> Continue to practice your skipping. Remember to think about small jumps with feet together, tucking your elbows in, and standing tall while looking forward. Try to increase the number of skips you can do in a row each time!</p>
	<p><u>Dance</u> Complete the KIDZ BOP Kids dance routine, following along to the song “Blinding Lights.”</p>	<p><u>Dance</u> Follow along with the dance to "Fight Song" by KIDZ BOP Kids.</p>	<p><u>Yoga</u> Follow along with this yoga video and copy the moves the instructor performs. You’ll get to warm up, practice breathing and poses, and relax into a power down.</p>			