



HORDLE CE VA PRIMARY SCHOOL HOLIDAY HOMEWORK ACTIVE FUN FOR THE HOLIDAYS



Summer 2017

Let's get Team Hordle moving by trying out some of these sporty activities. How many can you get ticked off in the 6 weeks holidays? Set yourself a challenge? How about asking your parents to join in!

Get your parents to sign off each activity. Each one will be worth 1 HSA point for your team.

Good luck and keep activity

Activity	Signed by parent
Throw a stone into a sand circle on the beach – how many can you get in?	
How many times can you hop in a minute	
Can you run for 15 mins? Try doing a minute walking and a minute running	
Can you catch and throw a ball 10 times? – try it with different sized balls	
Try hula hooping. How long can you keep it up?	
How long can you skip with a skipping rope? Never tried before? Challenge yourself	
Can you create a balance on three parts of your body? Two parts of your body? One part of your body?	
Make an assault course on the beach and challenge your mum and dad to try it too?	
Go to the local swimming pool – can you get a PB?	
How far can you swim underwater?	
How long can you stand on one leg?	
Try a standing long jump – how far can you jump?	
Go for a walk in the forest.	
Learn how to throw a Frisbee	
How many times can you bounce a ball on a racquet?	
Make a hop scotch course and play your own game	
Ride your bike or scooter	
Go to the local park and play on the equipment	
Go for a walk on the beach	
Try doing step ups on the bottom stair – how many can you do before you're puffed out	
Dance!	
Draw a line in the sand – how far can you walk along it without wobbling?	
Roll down a hill	
How many star jumps can you do in a minute?	
Get your family to help you make a limbo pole – can you get underneath it?	
How far can you throw a ball?	
What else can you think of?	
Run up and down the beach, singing your favourite song.	