



Fitness	Dance and Yoga	Games and Fun	Sports
<p>1: Do some PE with Joe!</p> <p>2: Create your own fitness challenge. Do you want to be able to skip 100 times without stopping? Or do 20 press-ups? Pick a challenge for yourself and do a little every day until you achieve your goal!</p> <p>3: Learn to move like an Avenger with this Avengers Workout!</p> <p>4: Ready? Rock, paper, scissors! (¿listo? ¡Piedra, papel o tijera!) Try playing it with your feet! Put your feet together for rock, apart for paper and one foot in front of the other for scissors. Vamanos!</p> <p>5: Check out these amazing games and resources from Active Aberdeenshire!</p> <p>6: Build an obstacle course at home and complete it as fast as you can!</p>	<p>1: See how long you can keep up with the Kids Boppers! They do dance routines for all ages.</p> <p>2: Learn simple dance steps or whole routines with Mihran.</p> <p>3: Pick a ‘Just Dance’ video to try to learn or just dance along to</p> <p>4: Yoga with Cosmic Kids! Choose a video and follow along.</p> <p>5: Yoga for older or more able children.</p> <p>6: Mindfulness and relaxation! Find a quiet spot, get comfy, listen and breathe.</p> <p>7: Fancy a nap? Why not listen to a nice bedtime story!</p>	<p>1: Play ‘Quick Drop!’ with someone in your house! All you need is some socks!</p> <p>2: Play bubble racing! Put a picture on the wall or a target. Blow bubbles and take it in turns to try to blow bubbles on to the targets or pictures. 😊</p> <p>3: Play ‘How’s It Hangin’. All you need is string and fruit or toys. You can make it a race or see how many items you can knock over in a certain time.</p> <p>4: Play ‘Brush With Danger.’ All you need is a toothbrush and some string, thread or ribbon.</p> <p>5: Practice your aim and coordination with ‘Office Tennis’. You just need books or clipboards, paper and a bin.</p> <p>6: Hold a Highland Games! This year the Braemar Gathering was done remotely for the first time ever! See here for Highland Games you can do at home!</p>	<p>1: Basketball! Here are some drills to help you get better. If you don’t have a hoop, pick a spot on a suitable wall to aim for. This one doesn’t need anything but a ball. And this app is a fun way to improve your skills!</p> <p>2: Here are some ways to practice volleyball skills at home. You just need a ball and a wall. Position your hands and legs like this. Practice with these videos: Video 1, Video 2,</p> <p>3: Skipping! You can use a hoop, a rope or ask family to help you and use a big long rope! Here are some tricks you could try.</p> <p>4: Football! Look here for beginner skills. Here is a trickier video for fast footwork. Look here for lots of tips, tricks and skills building to very advanced!</p>