

Keeping Fit at Home

Why not go for a walk with someone from your family, maybe bring a dog if you have one?

Can you improve your throwing skills? Why not set up a target or a bucket and have a go at throwing a tennis ball into it. See if you can improve the number of goals or make the throw even longer.

Can you play keepy uppie with a football?

How good are you at skipping? Try some skills here : just follow the link and enjoy some great easy fun activities :

https://www.yorkshiresport.org/get-active/thisispe/?gclid=CjwKCAjwz6_8BRBkEiwA3p02VY40S28647JdM4oIRxBIqEugZ2Q3CeodYpFyRyKW47c0Qzw45uGnTxoClzIQAvD_BwE

Try 5 minutes workout with [Joe Wicks](#).

Why not join Cosmic Kids Yoga - free trial for the first 14 days?

https://www.cosmickids.com/category/watch/?video_category=stories&changed=video_category

You could design your own indoor or outdoor activity carousel and do some circuit training, it might include star jumps, press-ups, running on the spot and some of your own favourites. Try to improve your times each day.