



Active Week Homework SACJS April 2021

Colour in the box when you have completed your active homework.

Cycle to School	Go for a walk in the park or along the pier	Create your own obstacle course	Go sea swimming with your family
Create and play a game with your family/siblings/friends	Play balloon volleyball	Dance to 3 of your favourite songs	Do a Go Noodle or YouTube workout
Do some active housework (sweeping/mopping/hovering)	Go to the playground	Go for a run	Do a wall sit, time it, and then try to beat your time
See how many hula-hoops you can do in one minute then try to beat it	Walk to school and home with your family	See how many jumping jacks you can do in 1 minute	See how many burpees you can do in 1 minute
Draw your own hopscotch and play it	Do 20 sit ups and 20 press ups	Walk the dog with your family	See how many skips you can do with a skipping rope in 1 minute then try to beat it