

Write a letter,  
draw a picture or  
send a card to  
someone from  
your class, team  
or family

Buzz those  
wings! How many  
star jumps can  
you do in 1  
minute?

The Roses won a  
---- medal at  
The 2018  
Commonwealth  
Games in  
Australia

Balance on your  
right leg for 30  
seconds and then  
your left leg for  
30 seconds. Can  
you do it with  
your eyes  
closed?

Design an  
obstacle course  
including running,  
jumping and  
hopping. Try and  
complete it 5  
times without  
stopping!

My Team.  
Write down what  
these netball  
positions stand for  
GK, GD, C, GA, GS

Do something  
friendly e.g. help  
with a household  
job

Make up a dance  
to your favourite  
song and teach it  
to someone else  
at home

Balloon taps.  
How long can  
you keep it off  
the ground? Try  
and beat your  
score!

Write down 3  
things that you  
are proud of this  
week

Draw and colour  
in Obee!



Throw and catch  
an object 50  
times, try not to  
drop it!