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| Try a #ThisIsPE Video – Lesson 6 is a good one! ☺  <https://academystjames.com/pe-physical-activity-at-home/> | Go for a bike ride – remember to wear a helmet | Have a go at Zumba  <https://www.youtube.com/watch?v=ymigWt5TOV8> |
| Do some mindfulness colouring | Make your own kite and fly it  https://www.youtube.co  m/watch?v=dismSOx3q  0g | Design a healthy snack and make it  e.g. fruit smoothie or fruit kebab |
| Go for a nature walk with the family and take photos of what you find/ see | Help your adult to cook a healthy meal for the family | Mindfulness – gonoodle activity  <https://www.youtube.com/watch?v=O29e4rRMrV4&list=PL0PE1OVfRIs2AwJoLQoE4zru4rupVe4Ty> |