**Activity instructions**

**Saturday 20th June – Speed bounce**

<https://www.youtube.com/watch?v=3cKdMXvBDnQ>

Watch the short video from the link above which shows how to set up the speed bounce and how to complete it correctly. Use any soft object to make a line on the ground with. Remember to have a few practise goes and see how many bounces you can do in **60 seconds**! Record the amount of bounces you did on your result sheet.

**Sunday 21st June – In the box**

Open the In the box instructions file. If you do not have any boxes use anything that could hold a throwing object, for example a large cooking bowl, laudry basket or washing up bowl. If you do not have anything to throw a great object to use would be a pair of socks folded into a ball shape! Add up your score and add it to your results sheet.

**Monday 22nd June – Cool catcher**

<https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_66039831311586267782474>

Watch the instruction video using the link above. You will need to complete the catching activity on the video from **1 min 18 seconds**. You will need a partner who **you live with** to play it with you. See how many catches you can complete in **60 seconds**! Again, if you do not have a tennis ball use a folded up pair of socks! Record your catches on the results sheet.

**Tuesday 23rd June – Sock wars**

<https://www.youtube.com/watch?v=TUA9CqMxI8k&feature=youtu.be&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL>

Watch the instruction video using the link above. We will be taking part in activity 1 on **24 seconds**. Prepare the playing area carefully using the instructions used in the video. You will need to play with someone from **your own household only**. You will be the attacker and see how many times you can grab the sock from the defender in **60 seconds**! Record how many times you got the sock on your results chart. Why not play the other two activates on the videos for a bit more fun!

**Wednesday 24th June – Race across the river**

Open the Race across the river instruction file. Mark out an area 5 meters apart and use two cushions. Time how long it takes you to cross the river without falling in! Record your time on your results chart.

**Thursday 25th June – Swipe and swap**

<https://readysetride.co.uk/activities-prepare-swipe.php>

Load up the video from the link above to see how to play the activity. Mark out two areas on the ground. Place 20 objects (these can be any objects you have at home that are similar to the ones used in the video) in one of the areas and see how many you can move from one area to the other in **30 seconds**! Record your results on the results sheet.

**Friday 26th June – Horizontal climbing**

<https://www.youtube.com/watch?v=jSP-fWmk36A&feature=youtu.be&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL>

Watch the video clip from the link above and go **to 1min 2 seconds** to see **activity 2**. You do not need socks and gloves you can just use two different coloured socks for this or any items that are two different colours. You need to mark out an area that is 5 meters apart. Place the socks randomly in the area. **Make the course easier or harder depending on your year group**. Your task is to get from one end of the course and then back again only touching one colour of socks using your hands and feet! Record how long it takes you and record in on your results sheet.