



### Brilliant Bowler-Hit the target

- Mark out a target on a wall or your wheelie bin (be creative!)
- Bowl the ball and try to hit the target

### Coaching tips

- Create a star shape with your body ready to bowl
- Keep your bowling arm straight all the way through your delivery



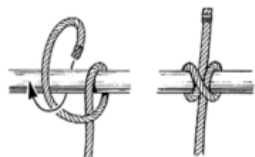
### Cool catcher

- Throw the ball in the air
- Touch your head, shoulders, tummy, toes then catch!
- Start with just your head and catch, then head and shoulders and catch etc.



### Make a chain

- Decide on a theme for your chain, it could be animals, countries, or styles of dance
- Create and show 8 dance moves on the spot then pass it on to the next person
- Show the next person your move by pointing in their direction



### Can you tie a knot?

- Collect a few sticks and tie a knot or two!
- Can you make a stick man tying different sticks together?
- Use the internet to research different types of knots.



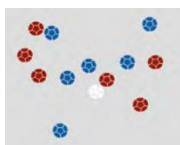
### Flying to my future-Think about and reflect on the following key questions

- How do you feel at the moment? • What do you enjoy doing right now? How do these things make you feel?
- How do you want to feel in the future? • Where would you like to see yourself in the future? Tomorrow, next week, next month, next year...
- What can you see yourself doing?



### Standing Long Jump

- Try to jump between markers on the pavement
- Use bags, coats or toys to mark out a distance to jump over. Increase the distance each time!
- Make sure the area is clear and safe to use



### Sock-ia

- A game of precision, skill and tactics
- The aim of the game is to get the ball (or socks!) as close to a white target ball (or sock)
- Take turns to roll balls (or socks) from an agreed distance to try and reach the target marker