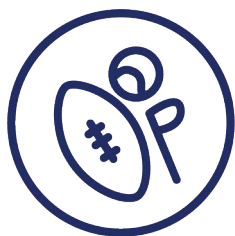
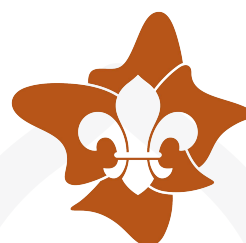


Scouting at Home



ADVENTURE AND SPORT



**Joey
Scouts**

How long can you last? Try them over a number of different days and record your improvement.

Jogging on the Spot

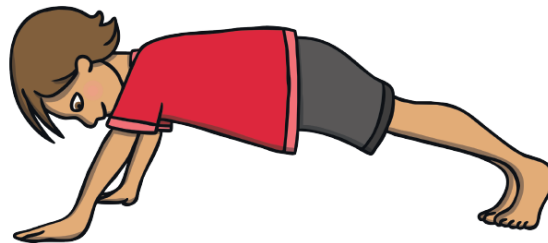
Jog on the spot and try your best to keep in the same place.



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Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to.
You can put your knees on the floor to make the move easier.



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Pick an activity card and keep those muscles moving!

Gross Motor Activity Cards

Wall Warm Up

Find a wall. How many arm pushes can you do in a minute?



Gross Motor Activity Cards

Chair Challenge

Sit on a chair. Hold the side of the chair with each hand. Use your hands to push yourself off the chair!



Gross Motor Activity Cards

Wonderful Walking

Walk forwards, backwards, eyes open, eyes closed, sideways, on tiptoes, heel to toe, and then take giant steps.



Gross Motor Activity Cards

Brilliant Ball Skills

Use balls of different sizes to bounce, throw, catch, roll, kick, score goals, dribble, or dribble around cones!



Gross Motor Activity Cards

Animal Antics

Use your body to pretend to be different animals:

Snake: slither across the floor

Butterfly: flutter around the room

Elephant: stomp with both feet

Kangaroo: bounce around

Frog: hop like a frog

Flamingo: stand still on one leg



Gross Motor Activity Cards

Whirl and Twirl

Use ribbons on sticks to make different patterns in the air.

Can you write letters, numbers, make shapes?



Feeling restless? Been sitting down too long? Need to move for 10 minutes but don't know what to do? How about try the following movement breaks!

10 toe touches



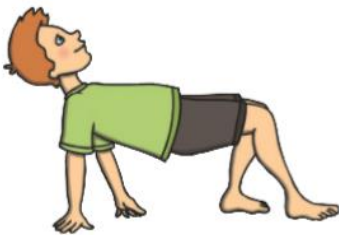
5 sit ups



10 press ups



crab walk



10 twists



10 leg raises



10 jumps



bear walk



10 arm circles



Scouting at Home



SOCIAL



PHYSICAL



INTELLECTUAL



CHARACTER



EMOTIONAL



SPIRITUAL