

National BeActive Day

28th June 2020

Catch and Clap

What do I need?

- 1 round object (ball, rolled up socks, etc.)

What do I do?

- Throw the object up in the air and clap your hands before you catch it
- The object must go above your head
- See how many times you can clap your hands while the ball is in the air before you catch it
- This activity can be completed standing or sitting if you want an extra challenge

👉 **Easier:** Use two hands to catch

👉 **Harder:** One hand to catch or smaller ball



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Balance Challenge


What do I need?

- A ball or a book

What do I do?

- Balance the object in your hand or on your head while standing or walking
- Time yourself and see how long you can keep the object balanced without dropping

 **Easier:** Balance the object while sitting

 **Harder:** Balance the object on your back or hand while completing a plank



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**—SLIGO SPORT—
& RECREATION
PARTNERSHIP**
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Egg and Spoon

What do I need?

- Spoon
- Egg (or potato)
- Start line and marker to walk around

What do I do?

- Hold a spoon and place the egg on it
- Walk from the start line, around a marker and back to the start line trying not to drop the egg off the spoon
- If you drop the egg, go back to the start
- See how fast you can do it without dropping the egg

 **Easier:** Use a large spoon over a shorter distance

 **Harder:** Weave around objects/obstacles



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Weaving Ball


What do I need?

- Start line
- Set up 4 markers. These should be set up 4 footsteps apart. Markers can be cones, socks, books - anything you can weave around
- 1 round object (ball, rolled up socks, etc.), anything that can be rolled or pushed along the ground

What do I do?

- Weave the object around the markers as quick as you can

 **Easier:** Use your hand to move the ball

 **Harder:** Use a racket or hurl to balance a ball while going around the markers



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Target Throwing

What do I need?

- Start line
- Throwable object
(Ball, roll of socks, old shoes, etc.)
- 3 targets placed at different distances

What do I do?

- Each player tosses the object from the start line
- You must try to throw the object on or into the target try to knock down bottles or throw socks into a saucepan)
- Each player gets 3 throws

 **Easier:** Move targets closer to start line

 **Harder:** Try different throwing techniques
(underarm, overarm, sitting down, or blindfolded)



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Obstacle Course


What do I need?

- Different household items of your choice

What do I do?

- Set up a start and finish line
- Set out a number of obstacles to go around, jump or climb over, crawl under etc.
- Try to include at least 5 different obstacles
- See how fast you can go around the obstacle course

 **Easier:** Walk through the course

 **Harder:** Add more obstacles



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Sunday 28th June

**Get Active on
National BeActive Day!**

