

Dear Year 2 Pupils, Parents and Carers,

This week is Sports Week so we are going to have some competitions that will happen in your own home. As you know, all children are part of a House team. You have to choose from the activities in the School website, one, two, three or as many as you like and send us pictures of the P.E. activities you have done. You will receive 10 points for your House for each photo we receive. We will announce the winning House next week. So, let's have fun and get active!

Some ideas that we had:

1. **Obstacles course with sponges.** Children pick a sponge from a bucket full of water. They go through the obstacle course holding the sponge. At the end of the obstacle course there will be another bucket where the children will squeeze the sponge. The winner is the team that carried more water on the other side.

2. **Climb a mountain challenge.** If you have stairs at home then climb a certain height.

3. **Balance a paper cup of water on your head** - how far can you walk?

4. **Dribbling a ball** using both feet without stopping... controlling the ball. How long can you do this for?

You could put obstacles to go around.

5. **Kick ups, knee ups.**

6. **Bouncing a ball** with out stopping.

7. **Throwing up and catching** without stopping.

8. **Build a treasure hunt** - write clues or instructions to lead them to the next clue! Each time a different physical activity to do (do 5 star jumps , leap like a frog, go up the stairs, etc.).

9. **Balloon chasing**- keep the balloon up for as long as possible hitting with just hands/feet.

Play against another member of the family, build an obstacle course...

If you can think of anything different that will be accepted as a challenge too.

Send your photos!!

I hope to see you all getting points for your houses, I will be doing them too. So I will definitely get points for Kielder House!

Big Big Hugs,

Ms Aldecoa and Mrs Khan