

ACTIVE FLAG HOMEWORK 2018/2019

OCTOBER SKILL: RUNNING

[HTTPS://VIMEO.COM/211489161](https://vimeo.com/211489161) - VIDEO

Week	Activity
3	Practise running at home in your garden or in a safe space near your house. Teach the correct technique to someone who lives with you.
4	Time yourself running a circuit. Try beat this time each day.

NOVEMBER SKILL: HOPPING/SKIPPING

[HTTPS://VIMEO.COM/211517213](https://vimeo.com/211517213) - VIDEO

Week	Activity
1	Play music at home - hop to the beat. How many hops from bedroom to kitchen? Hop your way home.
2	Make up a game that involves hopping e.g. hopscotch. Create a dance to your favourite song that includes hopping.
3	Hop, Skip and Jump the length of your garden/park/green/road.
4	Practice skipping the length of your garden/park/green/road - how high into the air can you get. Teach friend/family member how to skip properly.

DECEMBER SKILL: DANCE

Week	Activity
1	Complete 3 GoNoodle/Just Dance dances a night. Teach your family the moves.
2	Make up your own dance to your favourite song. Perform with friends/family.
3	Make a dance to a winter theme song e.g. Vivaldi - Winter