

ACTIVE FLAG HOMEWORK 2018/2019

JANUARY SKILL: JUMPING FOR DISTANCE

VIDEO SUPPORT: [HTTPS://VIMEO.COM/214481579](https://vimeo.com/214481579)

| Week | Activity |
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| 3 | <ul style="list-style-type: none">• Ask a family member to practise jumping with and without their arms.• Jump as far as you can with arms by side.• Jump as far as you can using arms for momentum.• Practice jumping from 2 feet to 2 feet and 1 foot to 2 feet.• Have a long jump competition with friends/family.• Play some music at home. Try jumping to the beat of the music. |
| 4 | <ul style="list-style-type: none">• Do the long jump with friend or family.• Try increase your jump each day of the week - measure your jump. |

FEBRUARY SKILL: JUMPING FOR HEIGHT/LANDING

VIDEO SUPPORT: [HTTPS://VIMEO.COM/214481650](https://vimeo.com/214481650)



| Week | Activity |
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| 1 | <ul style="list-style-type: none">• With pencil/lines on the ground - see how many jumps over pencil you can do without stopping.• Try get your knees as high as possible. |
| 2 | <ul style="list-style-type: none">• With hands on hips jump from |

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| | <p>squat position into the air.</p> <ul style="list-style-type: none"> ● Jump beside wall - touch as high on the wall as you can. ● In a flat, clear area - run and jump and try touch the sky - do this 10 times. ● Repeat each day - can you touch higher on the wall? |
| 3 | <ul style="list-style-type: none"> ● If you have a skipping rope at home practise skipping each day. ● If you don't practise the motion of skipping and jump as high as you can on the spot. |

MARCH SKILL: BALANCING/CORE STRENGTH

VIDEO SUPPORT: [HTTPS://VIMEO.COM/214481395](https://vimeo.com/214481395)

| Week | Activity |
|------|---|
| 1 | <ul style="list-style-type: none"> ● Use lines at home to practise walking the line. ● Practise balancing on one foot at home. Try holding the balance long enough to say sing a song. ● Practise balancing on one leg at home every day this week when you are brushing your teeth. ● On one leg raise your other knee as high as you can every day. ● On one leg see if you can fly like a bird. |
| 2 | <ul style="list-style-type: none"> ● Balance on your tummy/chest - feet up to the sky and head up. ● In this pose pretend you are superhero flying - head up and knees/legs up while on tummy. |

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| | <ul style="list-style-type: none"> ● Do this everyday. |
| 3 | <ul style="list-style-type: none"> ● Balance on your bum - legs in the air out straight in front of you, body back like you are on a sun bed. ● Hold this position as long as you can.  |
| 4 | <ul style="list-style-type: none"> ● Do the plank for as long as you can every day - try beat your time from the day before. ● Focus on having every part of your body in a straight line.  |
| 5 | <ul style="list-style-type: none"> ● Do a balance/core combo each day. ● Choose 3 of your favourite exercises from above and do each for as long as you can. |

APRIL SKILL: THROWING

VIDEO SUPPORT: [HTTPS://VIMEO.COM/211489230](https://vimeo.com/211489230)

| Week | Activity |
|------|--|
| 1 | <ul style="list-style-type: none"> ● Practise throwing a ball to a partner at home. ● Find a large bag or box at home. Practise throwing soft objects such as rolled-up socks or teddy bears into the bag or box. ● Practise throwing for distance at home. Measure how far you can throw using footsteps. ● Set up targets at home using pieces of paper, old bottles, or chalk drawings on a wall or pavement. Practise throwing to the targets. |
| 2 | <ul style="list-style-type: none"> ● Practise throwing a ball to a partner at home. ● Find a large bag or box at home. Practise throwing soft objects such as rolled-up socks or teddy bears into the bag or box. ● Practise throwing for distance at home. Measure how far you can throw using footsteps. ● Set up targets at home using pieces of paper, old bottles, or chalk drawings on a wall or pavement. Practise throwing to the targets. |