



Active Grid

Throw a big ball up in the air 20 times	Roll along the floor (egg roll, log roll, pencil roll)	Go to a playground, hang for 20 seconds on a monkey bar and do a motorbike landing
Try some skipping with a rope or a hoop	Bounce and catch a ball 20 times	Jump off something (box, step) and do a motorbike landing
Put Just Dance on Youtube and choose a new dance to dance along with	What can you do in 10 seconds? How many star jumps? Spins? Touch your toes? etc record in your scrapbook	Make an obstacle course in your yard or inside your house out of household things. Jump over, crawl under, balance along some tape...
Play handball	Look up Jack Hartman on Youtube and do some active counting with him!	Play indoor balloon tennis. Stretch some wool across the room, blow up a balloon and hit to each other