

What will you choose to do?

- Invent games and try them out with your family and friends. Write the rules, bring them into school and test them with your class to check they are easy to understand.
- Make a scrapbook containing pictures, captions and photographs about your favourite sport. If you've been to watch a sports match or event, you could include the tickets, programmes or souvenirs that you kept!
- Choose a famous sports person and write a fact file about them.
- Design a new kit for your favourite team. Don't forget a team badge!
- A ball is sphere shaped. Go on a sphere hunt around your house and garden. Take photographs or draw pictures of the spheres you find.
- Survey your family and friends to find out their favourite sports.
- Make an information booklet about the 'jumpiest' animals! Perhaps find out about the amazing jumping spider, the terrific tree frog, the fantastic flea or the kangaroo rat!
- Plan a weekly exercise routine for your family. Perhaps a weekend walk, or 10 minutes on the trampoline? How fit are the adults you live with?
- Show parents and carers how to relax. Ask them how they feel after taking part – that's if you can wake them up!
- Write some instructions for a game or another activity. You could create instructions on how to tidy your room, how to get ready for bed or how to take a pulse.

