

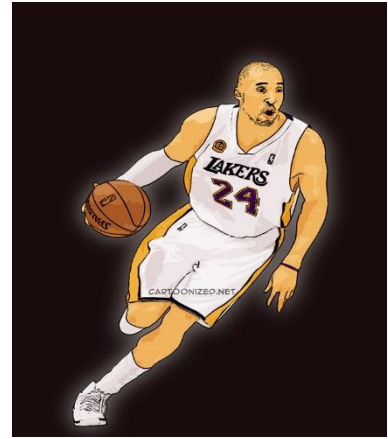
## Thornton P.E. at home.

### Explore

Find any ball that bounces. How many ways can you move the ball around your body?

### Bright ideas

- Move the ball around your waist
- Move the ball around one leg, then the other
- Move the ball in a figure of 8 around your legs
- Can you go in both directions?
- Can you close your eyes when doing these?



### Practice

How many times can you complete a figure of 8 in 2 minutes?

Can you do this challenge in one direction, then the other?

What positive thoughts can you think about while completing the challenge?

### Develop

Can you develop a game to help others improve the accuracy of moving the ball from hand to hand?

Can you create a set rules for your game? When describing your game can you use the key words: precision balance?

### Parents Tip

Stand closer to the wall to make the practice more accessible. For a challenge, stand further away.



Click on these links for some interactive fun!

[Joe Wicks P.E. at home](#)

Join in with a fun routine on [Go Noodle](#)