

Physical Education ideas.

Hi families,

In those difficult days, we need find things to do to be active in our houses also, to keep our children busy and happy.

During these days, I would like to give you some simple ideas you can easily put into practice.

Here are some things you can easily make in your house to play.

1. Built bowling pins.

<https://www.youtube.com/watch?v=f3W5d27oyGO>

*You can throw the ball in many different ways.

Under the legs.

With the right or left hand.

With your eyes closed.

With your foot.



2. Play limbo.

<https://www.youtube.com/watch?v=1Fecxa1zrEA>



3. Treasure hunt (búsqueda del tesoro).

One person hide an object in the house, the others may find it. You can say cold, if your family is far or hot if your family is close. (Podéis decir frío si están lejos del objeto o caliente si están cerca).



4. Play rock, paper and scissors.



5. Games to develop laterality (lateralidad, derecha e izquierda).

<https://www.youtube.com/watch?v=Q5LIJH-MBkU>