

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday
Activity	<p>Zootropolis Police Academy. Have you got the skills to pass the Police training test and become part of the Zootropolis Police Academy?</p> <p>Check out this video and give it a go.</p> <p><a href="https://www.nhs.uk/10-minute-shake-up/shake-ups/judy-hopps-training-test">https://www.nhs.uk/10-minute-shake-up/shake-ups/judy-hopps-training-test</a></p> <ol style="list-style-type: none"> <li>Stand to attention and start by doing 10-star jumps.</li> <li>Now do 5 hops on your right legs, then 5 on your left.</li> <li>Finish by running on the spot for 10 seconds and then salute.</li> <li>Repeat this for 10 minutes and see if you can do it faster each time.</li> </ol>	<p>Bounce it - catch it Challenge.</p> <p><b>What you need:</b> Any type of ball, big or small.</p> <p><b>How to play:</b> Throw a ball in the air and catch it and then bounce the ball and catch it.</p> <ul style="list-style-type: none"> <li>*How many times can you do this in two minutes?</li> <li>*If the ball drops your score drops to zero.</li> <li>*One throw catch and one bounce catch are equal to 1 point.</li> <li>*Can you complete the challenge again and gain more points?</li> </ul> <p>If you don't have a ball you can use a pair of rolled up socks and miss out the bouncing section of the challenge.</p>	<p>Staying happy as a family whilst at home can be really challenging so Every Mind Matters website has simple tips to support families with ideas for Health &amp; Wellbeing and physical activity.</p> <p>Yoga helps increase mindfulness and body awareness.</p> <p>Try out some of these yoga resources:</p> <p>Youtube.com - Cosmic Kids Yoga.</p> <p>Youtube.com - Story Hive Yoga.</p>	<p>Patty cake:</p> <p>"Patty cake, patty cake, baker's man. Bake me a cake as fast as you can." Patty Cake is the most classic clapping game out there. Played with two people, hands are clapped in the standard criss-cross motion. Then you roll your dough, pat it and mark it with a B (for baby). It's a game that can be played with the youngest of tots.</p> <p>Use this video as a start point and copy.</p> <p><a href="https://www.youtube.com/watch?v=yULpQVnzblc">https://www.youtube.com/watch?v=yULpQVnzblc</a></p>	<p>Zumba challenge:</p> <p>Zumba is a really good way to mix fitness and dancing. It has easy to follow moves that go to the beat of the music and improves coordination whilst providing a full body workout.</p> <p>Can you complete this Zumba work out?</p> <p><a href="https://www.youtube.com/watch?v=yymigWt5TOV8">https://www.youtube.com/watch?v=yymigWt5TOV8</a></p>
Challenge	Can you make up your own moves?	<p>Playing with someone else? Who can get the most points?</p> <p>Two minutes too easy? See how many you can do in one minute</p>	Can you come up with different ideas to make someone happy in your family?	Can you do it faster? Or even, create your own version?	Can you keep in time with the video?