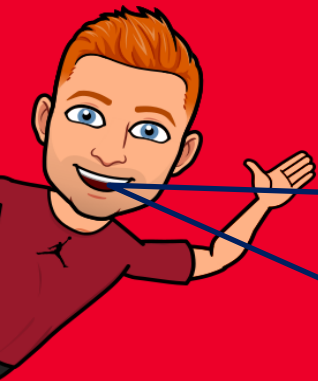


Home Learning Activities – Fundamental Movements



Hi everyone! Hope you are all keeping well and staying active at home.

This week our focus is on Fundamental Movements. These are great activities to do as you can transfer these skills into nearly any sport!

Share your pictures and videos with us @LittleSportsCoaching

Side Jumps:

- Get a jumper or a small object and put it on the floor
- Stand to the side of the object
- Jump sideways over it and back again
- Repeat as many times as you can in 1 minute.
- You get a point for every jump



Throwing:

- Grab a pair of socks and tie them together to make a ball shape
- Stand still in a spot
- Throw the socks up (with 1 hand if you can) and catch with 2 (the cup shape)
- See how many you can catch in 1 minute
- To challenge yourself – do a clap between each throw and catch

Home Learning Activities – Fundamental Movements

Stork Balance:

- Stand in a stork position (See Picture)
- Put a soft object on your head, something that can balance (Like a sock)
- Hold the balance and the object on your head.
- If the object falls or you put your other foot down on the floor, then you have to stop
- See how many seconds you can hold it for (Get somebody to time)



Running on the spot:

- Stand in a spot (you are going to stay in this spot so make sure it is safe)
- Run on the spot as fast as you can
- See how long you can run for without stopping
- Get somebody to time you