

# Active Home Workout

#StayInWorkOut

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#StayHomeStayActive

GET ACTIVE and RETWEET YOUR EFFORTS

## Super Saturday - Reception and Key Stage 1

Try today's personal challenge

### The Blue Egg Home Physical Education

**How to play:**

- Each player places a marker down on the edge of a space known as their nest.
- In the centre of the space place objects. All blue items are worth 2 points. Everything else is worth 1 point.
- Players collect one object from the middle and then return it to their nest.
- Players should keep going until there are no more objects left.
- The winner is the player with the most points at the end of the game.

**Can you play fairly and keep the score?**

**Can you keep running and score as many points as possible?**

**Top Tips**

**Work Hard**

The faster you move, working hard to keep going the more points you will score.

**Let's Reflect**

Did you try and get all the blue objects first?

If you did not win what could you change for next time?

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Now it is time for a Yoga Story - Developing our literacy and movement skills

We're Going on a Bear Hunt - A Cosmic Kids Yoga Adventure!  
By Cosmic Kids Yoga

Visit the following website - <https://www.youtube.com/watch?v=KAT5NiWHFIU>

