

# VIRTUAL GREEN ZONE

## PHYSICAL HEALTH

PE WITH JOE WICKS/ON LINE WORKOUTS

PLAY FOOTBALL/RUGBY

PICK AN EXERCISE FOR EACH LETTER OF THE ALPHABET

YOGA! TRY 'DOWN DOG' ON LINE

GO ON A BIKE RIDE/RUN

DESIGN YOUR OWN FITNESS CIRCUIT

YOU TUBE DANCE CLASS OR DANCE IN THE KITCHEN!

PRACTISE NETBALL

WALK THE DOG

## PERSONAL DEVELOPMENT

LEARN A NEW LANGUAGE - TRY DUOLINGO

PLAN A HEALTHY MENU COST & COOK IT

LEARN A NEW INSTRUMENT

READY, STEADY BAKE!

LEARN HOW TO TIE KNOTS!

MAKE A VIDEO OF YOUR PROGRESS LEARNING A SKILL

CHALLENGE YOURSELF AT MATHS/SCIENCE

LEARN ABOUT CARS

## CREATIVITY

WRITE A HAIKU

START A PHOTOGRAPHIC DIARY

PAINT A PICTURE

GET ARTY & CRAFTY! MAKE/DESIGN AN OBJECT

DESIGN A SET FOR A PLAY IN A SHOEBOX

CREATE A VIRTUAL TREASURE HUNT

FILM A TIME LAPSE VIDEO

PRACTICE SURVIVAL SKILLS IN THE GARDEN

## COLLABORATION

DESIGN A NEW SPORT COMPLETE WITH RULES

TIDY & CLEAN THE HOUSE

GET GARDENING!

COMPILE A FAMILY QUIZ NIGHT

MAKE YOUR OWN YOU TUBE BLOG WITH FRIENDS

CONSTRUCT A BIRD BOX

SOLVE A GIANT JIGSAW

BOARD GAME CONTEST

## COMMUNICATION

WRITE & PERFORM A MONOLOGUE OR A WHOLE PLAY!

WRITE A BLOG TRY LETTERBOXD APP

FACE TIME FAMILY & FRIENDS

WRITE A LETTER & SEND A POSTCARD

LEARN TO SIGN LANGUAGE! TRY BSLCOURSES ON LINE

CHOOSE A POEM TO LEARN & RECITE

SHARE YOUR WORRIES WITH A FRIEND

READ ALOUD FROM YOUR FAVOURITE BOOK