

Physical Literacy From Home!

This week's session - Agility, creativity and imagination

Who is involved? Whole family

Value of the session - Bravery! It's sometimes scary being out of your comfort zone. Be brave with the support of your family to be as creative as you can!

Instructions

- Get the family together in a room with some floor space (e.g living room)
- Everyone writes down their favourite animal and places it (folded up) into a bowl
- Each person will take turns choosing an animal from the bowl and act it out while the rest of the family guesses what they are!
- Once the animal has been guessed, the whole family has to act out the same animal... but in a different way!
- The aim is to see how many variations of the animal you can come up with
- Use your body language, facial expressions, movements and sound to act them out as best you can

Questions to encourage critical thinking

- What animal did you enjoy acting out the most and why?
- What movements were the easiest? What were more difficult?
- Thinking back now, are there any other ways you could have acted these animals out?

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