**Summer Term 1: Week 2** **20.4.20**

**Sports challenge**

Hello year 2!

Your sports challenge this week is a competition… with yourself!

Each day, if you can, I’d like you to have a go at the following and see if you can beat it each day:

* How many “keepy-uppy’s” you can do in a row without dropping the ball?
* How many hula hoops can you swing round your hips in a row without stopping?
* How long can you skip for without stopping?





**Challenge:**

* Can you do your keepy-uppy’s with alternating feet each time?
* Can you cross your skipping rope each time you skip? Can you do any other tricks with your skipping rope?
* Can you balance something on your head whilst you do your hula hoops?