



# *Bishop Primary*

## *Sample Activities*

***Goal = 60 min daily***

YouTube Just dance

Dance

Ride a bike

Skateboard

Dribble

Play basketball

Swim

Walk the dog

Play chase with siblings

Jump rope

Indoor scavenger Hunt

Go Noodle

Indoor Fitness Trail

Play Hopscotch

Run

Skate

Kick a ball

Throw a ball

Fly a kite

Jump on a trampoline

Clean your room

Play tag with siblings

Play Catch/Self Catch

Cosmic kids yoga

Dice fitness

Adventures to Learning

You don't have to do just one activity for 60 minutes! You can do many activities for shorter periods of time and add them together. It all adds up! Try to get at least 60 minutes of some activity each day for good health.