



## Strength and Balance Activities: Sport



### Challenge of the day:

- Move around the space pushing your arms away from your chest like you are swimming.
- **Try this if you want more help:** sit or stand in one spot moving your arms like you are swimming.
- **Try this if you want an extra challenge:** lay on the floor and move your legs as well.



### Positive mindset:

I am strong.



### Kind action of the day:

Give each other a high five and say well done for doing today's challenge.

# Strength and Balance Activities: Sport



## Today's challenge:

### First step:

- Move your arms like you are swimming.

### Next step:

- Move around the space.
- Keep moving your arms like you are swimming.

### Extra challenge:

- Lay on the floor.
- Move your arms and legs at the same time like you are swimming.



## Positive mindset:

I am strong.



## Kind action of the day:

- Give someone a high five.
- Say well done for doing today's move.