

National School Sports Week at Home

'Celebrating the power of sport bring people together'

Monday 22nd June: Artistic Activities

HAVE A GO AT ONE OF THE
FOLLOWING AND SEND IN
YOUR RESULTS

Cheerleading Routine

Either:

Put together a short cheerleading routine that could be used to spur participants on

Or

Create a celebration move that participants can use when they have done well.

Get a member of your household to mark your effort out of 10. Remember, it's about what you look like more than the difficulty.

Can you teach your moves to someone else?



Design a Flag/ Family Emblem or Write a Family Anthem



Design a new flag or family emblem to represent your household.

Make it big enough to show off and stand out in the crowd using any materials you have.

Or

Write an anthem about your family that will make them feel proud.

Think about how you can perform it.

Send a picture or a video of your efforts



Rhythmic Gymnastics

Create a short routine of gymnastic or strength moves linked with travels that also incorporates a ball, a hoop, a ribbon or a rope. Try holding the object, throwing and catching it, rolling it or stepping over or around it. Remember to extend and stretch and keep control at all times.

Ask a member of your household to mark you out of 10 for artistic impression.

Can you teach your routine to someone else? Do you have to adapt it to suit their ability?

