

Physical Activities

Create an outdoor Obstacle Course

Obstacle courses are great for getting kids moving on cold days. Have you got some balls, hula hoops or even just garden furniture that you can use to create a course? Older children can even create their own or one for younger siblings.

Join Joe Wicks on YouTube or his daily fitness workout. Live each day at 09.00 [How to watch Joe Wicks at 9am: PE with Joe lessons schedule explained – HITC](#)