|  |
| --- |
| ACTIVE WEEK 15 June 2020Hi guys, I know you’re all going to be focused on physical activities and getting fit this week. But don’t forget your reading. Here are some ways to fit it in with Active week. You can dip in and out of it during the busy week ahead. Amanda |
| **Alternate reading with a physical activity** |
| 1. 10 minute jog followed by 10 minutes of reading.
 | 1. Shoot 10 basketball hoops, or bounce a ball 10 times and then read 10 sentences. Repeat it.
 |
| 1. Leave your book at the top of the stairs. Read a page every time you go up.
 | 1. Set a minute timer.
* How many skips or jumping jacks can you do in one minute?
* How many words can you read in a minute?
 |
|  |
| **Get physical while reading** |  |
| 1. Listen to an audio book while you walk, jog or exercise.
 | 1. Act out what you’re reading – choose an action story.
 |
| 1. Scavenger Hunt

Challenge yourself to find as many words as you can on walls and doors around your whole house. Set a stopwatch and time yourself.  | 1. Dance and sing along to a favourite video on youtube. Choose one with the lyrics displayed.
 |
|  |  |