**Individual games/problem solving**

Similar to team games it is very important for students to be active problem solve and most importantly have fun. Some ideas can include:

Skittles

Archery

Target throwing (throw balls etc. at targets time and score)

Target kicking (kick balls etc. at targets time and score)

**Fitness**

Whilst at home it is important to keep fit and active for our mind and body. Anyway you can be active and energetic is amazing so below are some ideas:

Jo wicks has made amazing fitness videos on youtube

Brain gym, just dance and go noodle as seen to the left

Fitness circuits around the house (throwing, kicking, relaxing etc.)

Treasure hunt either in the house or in the garden.

**Movement**

For our learners Post 16 takes particular focus on movement especially Wednesday mornings(rebound and swimming). Tasks to do at home include:

Dancing (just dance youtube, and go noodle)

Yoga (focus on various body parts)

Brain gym (youtube works on all body parts)

Tacpac (youtube Tacpac)

Gymnastics movements

**Post 16 Sports and leisure ideas**

**Athletics and mobility**

A major focus on students developing their mobility. Activities can include

Jumping tasks: triple jump, long jump, knees up, leg kicks, stretches etc.

Speed challenges: in and out of cones, timed activities etc.

Throwing challenges: beanbag throwing, shot put, discus throwing etc.

Obstacle sensory courses any resources move around (bear hunt youtube)

**Team Games**

Within Post 16 we have a major focus on working together and socialising. We complete a variety of team games activities that involve various resources and equipment competing and working with others:

Throwing, rolling, bouncing, passing objects in pairs then link them to a sport I.e. boccia, Under and over,

Problem solving challenges i.e. hold hands around a hoola hoop, tag etc.

Other games include football, cricket etc.