

**The FUNS for everyone programme.**

**Challenge 8**

Coordination with equipment, is this week’s challenge.

**Please only complete this challenge with people from the same household.**

FUNS for everyone is a programme contains 12 challenges. The programme consists of a variety of colour coded cards, each structured around a staged series of challenges that introduce, build and develop the core fundamental movement skills- balance, coordination and agility. First funs is specifically for early years and key stage 1 and therefore covers the first 3 colours in the programme – yellow, green and red.

We would like you to use the cards as home challenges.

Start with the Yellow card once you have completed the yellow card you can progress onto green and then red.

Remember everyone is different and some people will find these challenges easy and some will find them hard, don’t give up, keeping practicing and you will get it. Remember practice makes perfect!

Why not try and get all of your family taking part, but most importantly have fun!

If you’ve missed out on any of our previous challenges please email [Joanne.delve@bridgend.gov.uk](mailto:Joanne.delve@bridgend.gov.uk)

**Real PE at home – online learning resources**

**Real PE** at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity.

For children in Key Stage 2 there are carefully selected personal best challenges, skills and games designed for the home and garden. Daily and weekly guidance is provided for both programmes in addition to an option to choose your own themes and activities.

There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months. Here are the details to access **real PE** at home:

<https://home.jasmineactive.com/enquire>



