

## Activities you can do on your own!

HEART THUMPERS

Cycling

Skating

Scooter

Running

Rollerblading

Trampoline

Skipping

Basketball

Practice hurling skills

Tennis against a wall

Pedal go-karts/tractors

Swimming

Karate

Dancing

Skating

Walking

Hurling/Camogie

Handball

Punch bag

Dance/exercise video



HEART BUMPERS

Push ups

Kicking football at target/keepy-upy

Hop Scotch

Hula Hoop



Playing/walking with a pet



Throwing & catching a beanbag

Target practice shooting hoops



## Activities you can do with others!

HEART THUMPERS

Gaelic Football

Basketball

Soccer

Camogie

Hurling

Rugby

Rounders

Aerobics

Cycling

Running

Ball games

Skipping

Circuit training

Dance

Swimming

Playing chase

Gymnastics

Tennis

Golf

Dodge ball

Walk with family

Athletics

Roller Skating

Obstacle Course

Skipping



HEART BUMPERS

Hide & Seek

Treasure Hunt

Duck Duck Goose

Skittles

Hop scotch



Building a fort

Bowling

Horse Riding

Frisbee

Ship to Shore

BEFORE YOU START YOUR ACTIVITY MAKE SURE YOU GET AN ADULT TO CHECK WHAT YOU'RE DOING IS SAFE – WIZZYS FAVOURITE ACTIVITIES ARE ALWAYS LOTS OF FUN AND ALWAYS SAFE.

The ideas shown here were sent to Wizzy by children in the Pilot Schools.  
If you can think of any more tell your teacher & they can send your ideas to Wizzy today!