

CIRCLE RUN



Run from the starting marker towards the first paper plate. When you reach it, circle around it as you run. Run around the other paper plates as you go. Run around the end bottle and come straight back to the starting bottle. Repeat




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Home Learning Activity



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What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Paper Plates:** You can substitute with a small pillow or roll of toilet paper 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Run for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

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