



Southwark Children and Family Centres  
Bermondsey and Rotherhithe



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Camberwell and Dulwich

## Stay at Home: Gross Motor Games

**BALLOON BADMINTON...** You will need

Balloons, paper plate / toilet roll tube or lolly stick



## Be an athlete

Pretend to do one of these sports. Think of it as heart-pumping charades!



Basketball



Football



Skiing



Rowing

