

MUSIC



What you will need:

- Some bowls from your kitchen cupboards
- Spoons
- A metal object, such as a flask
- Your family members to be part of your rhythm section!

Your Challenges:

To create some Samba beats with everyday items found in your home and then learn all about body percussion!



SPORT

What you will need:

- A ball
- A hockey stick or any kind of bat
- Plenty of space to spread out!

Your Challenges:

The teaching team from King's PE Department are going to show you techniques and tricks in the following sports

- Basketball
- Netball
- Hockey
- Football
- Pilates
- Gym

