**ARCTIC PE**

Explorers travelling to the artic would need to be strong, agile and flexible! Try the following activities to help increase you strength, agility and flexibility:

You can play this game with a family member! Note down how many you can do of each activity and then see who the overall winner is!

SEE SEPARATE DOCUMENT

**Games**

These games are two fun activities to do with your children:

**PENGUIN SHUFFLE**

**How to Play:**  
Children and family members need to stand side by side with their “eggs” (beanbags a similar object) on top of their feet. Now, try to shuffle across the room or your garden without dropping your “eggs.” Whoever goes the furthest is the winner!

Extra 🡪 You could measure the distance you travelled to incorporate maths skills!

### SNOWBALL FUN!

**How to Play:**Crumple up the sheets of paper to make paper snowballs and try the following activities:

**1.** Set a Hula-Hoop (or circular object) on the floor and try to toss the snowballs into the circle.

**2.** Place a laundry basket on a table and try to toss the snowballs into the basket.

**3.** Place a Ping-Pong ball on the mouth of an empty plastic bottle, then try to knock off the ball with the snowballs without knocking over the bottle.

**Healthy Eating**

Use the additional resources to help you:

1 – Make your own PEMMICAN

Pemmican is a foodstuff that has been used on polar expeditions for hundreds of years. The name ‘pemmican’ originally comes from a Cree (a Native American people) word for rendered fat. It is a high-energy, highly nutritious food - and also very easy to carry!

2 – Research food and then create a menu for polar explorers!

3 – Add you meals onto a menu for Explorers to follow!