

Move it Monday 11th January 2021

Journey round the body - Get your heart pumping and your muscles moving

How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Create six numbered cards (or use the ones below) write a number and an activity on each then place them around your area (spread them out)

<u>To start</u> – find your pulse (usually in your neck or wrist) count for 10 seconds and write down the number.

Stand by card 1 and complete the task on it, then take your pulse again for 10 seconds

Hop on one foot to card 2 complete the activity and take your pulse again for 10 seconds.

Jump two-footed to *card 3* and complete the activity (take your pulse).

Hop to card 4 and complete the activity (take your pulse again).

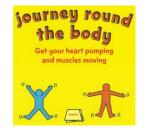
Skip to card 5, complete task (take your pulse).

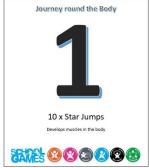
Gallop to card 6, complete task and take your pulse again.

Question 1: What have you noticed happens to your heart?

Question 2: Why do you think this has happened?

Repeat activity - can you work harder to increase your heart rate?

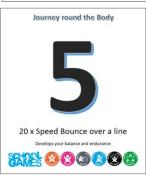














As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



High Knees on the spot - Complete 50 high steps per leg





















Thoughtful Tuesday 12th January 2021

Animal Mania – Get moving and have fun



How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Create 6 to 10 cards with animal pictures and movement actions on them like the ones below (you could also cut out the cards on next page and use these)

Game 1: Individual or pairs activity

Place your cards in a pile in front of you
Pick up the first card and complete the action on the card
If you are playing in pairs both do the action, then partner picks the next card
Place used cards in a different pile

Game 2: Family Activity

One person acts as the leader and holds up card or calls out the animal and everyone else performs the action – they can call out actions in any order
Select a new leader and continue playing

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Head, Shoulders, Knees and Toes / Complete 100



















Good Dog

Kneel on your hands and knees, and be completely still



Sleeping Ant

Lie on your back and wiggle your arms and legs in the air



Cute Jumping Rabbit

Two-footed jumps like a rabbit Can be done on the spot Can allow children to jump around the area



Wiggly Worms

Wiggle your body like a worm















































Proud Stork

Stand like a stork on one leg and bend the other leg with foot on standing legs knee



Stomping Dinosaur

Move around like a dinosaur and stomp your feet



Sleeping Hedgehog

Curl up into a tight ball



Stacey Starfish

Create a star shape, wave your hands

Don't forget jazz hands







































Mindful Wednesday 13th January 2021

THE BREAKFAST GAME

How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Cut out the cards below and use these to play the game.

Game 1: Individual or pairs activity

Place your cards in a pile in the middle of your playing area

Move around the area in different ways – skip, hop, jump, side step etc for 15 seconds then..

Pick up the first card and complete the action on the card THEN move around the area in a different way for 15 seconds and then select another card

If you are playing in pairs both do the action, then partner picks the next card Place used cards in a different pile

Game 2: Family Activity

One person acts as the leader and holds up card or calls out the breakfast food and everyone else performs the action – they can call out actions in any order Select a new leader and continue playing

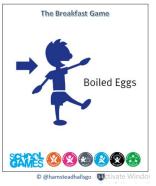












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Controlled Squats / Complete 100





















Well Being Thursday 14th January 2021



How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

If playing inside – use a soft foam / sponge ball or beach ball or rolled up socks (socks will not bounce so leave this action out)

If playing outside – use any ball you choose

You may want to use different small objects for each activity – if you have them available.

Actions to try:

Throw, clap, catch - How many claps can you do before catching the object?

Jump Ball (Best to do this outside NOT inside) - Throw the object as high as possible, and jump to catch it, can you catch your object when you are still in the air?

Cone catch - Make a cardboard cone and put your small object in the cone. Can you throw the object up out of the cone and catch it with your hand OR something harder can you catch it in the come?

Bounce and Bounce – Bounce the ball on the ground, patting it with your hand to keep it bouncing. How many bounces can you do in a row before you lose control?

Handy Catch - Throw your object from one hand to the other and back again, how many can you do before you drop the ball?

Roll Chase - Roll your ball and chase after it, pick it up before your ball stops.

Try to create some of your own actions – be careful not to break anything or get hurt.

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Figure of 8 through legs / Complete 100





















Fun Friday 15th January 2021

Strike a Pose - Match a range of balances to rolls of the dice



How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

You need a dice OR create 6 cards with a different number on each (numbers 1, 2, 3, 4, 5, and 6) and place these with the number face down

Roll your dice or select a number card – then create a balance to match the action

Use the cards below to help you choose a balance – you can use your own ideas

Alternative ideas:

Pick a card for a partner / other family members to do (take it in turns to pick a card or roll the dice)

Make new cards and use different actions













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Seated Knee Extensions / Complete 50 per leg



















Sporty Saturday 16th January 2021

Family Fun Time

Complete this challenge in the house or go on a family walk and see if you can see or find the following things:



- A Find something red.
- Name a flower that is purple.
- Find something orange.
- A Name a plant that is green.
- A Find something blue.
- Mame a fruit that is red.

- A Find something yellow.
- Mame something outside that is blue.
- A Find something green.
- Name a vegetable that is orange.
- A Find something purple.
- A Name an animal that is yellow.

This could be a race or just part of a family walk activity (Covid-19 Restrictions must be adhered to)

Relaxing Sunday 17th January 2021

Family Fun Time

Time for some relaxation

Harry Potter and The Philosopher's Stone | A Cosmic Kids Yoga Adventure!



Visit: https://www.youtube.com/watch?v=R-BS87NTV5I















