

**Move it Monday 18<sup>th</sup> January 2021**

**Jumping Dice** – Get your heart beating, improve you take-off and landing technique

**How to play:** Play for 20 – 30 minutes

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, if you do not have one research online a paper dice and make your own.

Roll your dice and complete the activity below e.g. if you roll a 4 perform 20 jumps where you make half a turn after you take-off and before you land.

You can play this game on your own or with other family members – you can take it in turns to roll the dice and all complete the exercise or you could roll for your partner to complete the exercise and then they roll for you.



- Roll a 1** = Perform 20 star jumps
- Roll a 2** = Perform 20 tuck jumps
- Roll a 3** = Perform 20 pencil jumps
- Roll a 4** = Perform 20 jumps with a ½ turn
- Roll a 5** = Perform 20 jumps with a full turn
- Roll a 6** = Perform 20 squat jumps

**Question 1:** Which jump did you find the easiest to do? Can you explain why?

**Question 2:** Which jump did you find the hardest? Can you explain what you need to do to improve?

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.

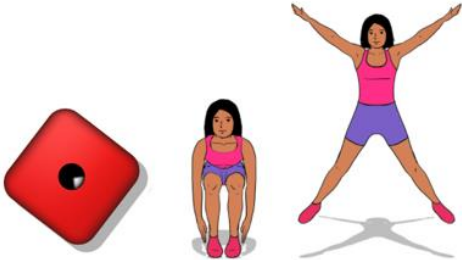


Pass Around the Body (50 to left: 50 to the right)

You can use any small soft object (soft toy, rolled up socks) or a ball

For additional personal challenges visit [www.sgochallenge.com](http://www.sgochallenge.com) log in or register and complete the challenges available.


Jumping Dice



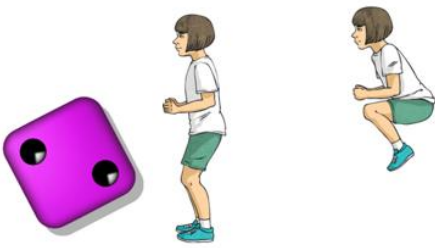
20 x Star Jumps

Develops muscles in the body

SCHOOL GAMES




Jumping Dice



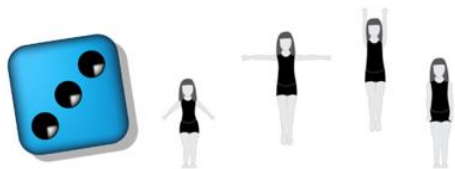
20 x Tuck Jumps

Develops your lung capacity and leg strength

SCHOOL GAMES




Jumping Dice



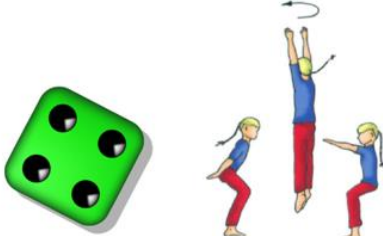
20 x Pencil Jumps

Develops the strengths in your leg muscles

SCHOOL GAMES




Jumping Dice



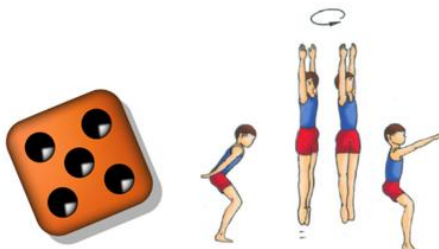
20 x Jumps with half a turn

Develops the strength in your arm muscles

SCHOOL GAMES




Jumping Dice



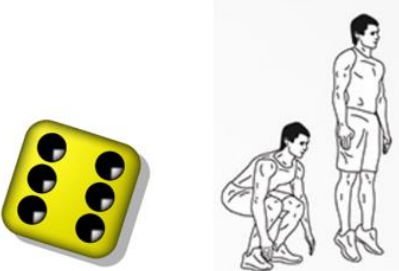
20 x Jumps with a full turn

Develops your balance and endurance

SCHOOL GAMES




Jumping Dice



20 x Squat Jumps

Develops speed, balance and changing direction

SCHOOL GAMES



### 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 do need lots of space for this activity.**

Look at the actions below, practise each one.

Select your favourite music and create a 'cheer leading' routine to your chosen music using the actions below. Add your own cheer leading moves if you can think of any – you may want to watch some cheerleading routines on you tube.

It would be great to see your routine – share it on twitter link to your school twitter account and @hamsteadhallsgo

### Activity 1: Individual create your routine

Practise for 20 minutes and then perform for other members of your family.

If there are 2 or more participants – take it in turns to demonstrate your routine.

### Activity 2: Group or Family Routine

As a group create a routine that you all perform at the same time

Share ideas and learn the routine – it may have times when you all do the same and at other times you may have some standing still and others moving – ***be creative.***



High V



Low V



High  
Punch



Table Top



T



Half  
T

cheer motion

## Mindful Wednesday 20<sup>th</sup> January 2021



**How to play:** Play for 30 minutes

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.

Find a variety of things you can aim at or into (e.g. cushions, small soft toys, boxes etc).

Select 6 objects that you can throw safely in the house (soft small objects e.g. soft balls, beanbags, small soft toys, rolled up paper, koosh balls, balls of wool etc.)

If playing outside you could chalk lines on the floor (check with parents / guardian / carer that you can do this before you create any markings).

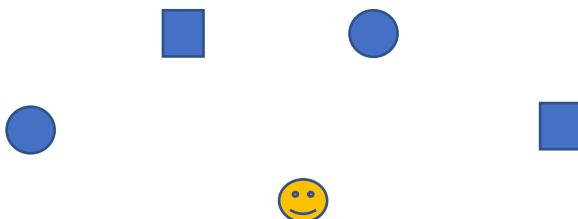
**Game 1:** Create a line of targets aim at the first if you are successful aim at the second, if you are not successful keep trying until you are successful – you decide the distance between targets.



If playing with a partner you could give each target a numerical value and select 3 objects to throw at any target – keep the score you achieve by adding up the points score for each throw.

If it is easy move the targets further away, and if its too hard move the targets nearer.

**Game 2:** Place your targets (buckets, boxes etc) in any shape you want and stand in a position where you can aim to get your object into the bucket or box



If playing with others take it in turns to throw 4 objects, see how many you can get to stay inside your targets. You could give each target a numerical value– keep the score you achieve by adding up the points scored.

**Question 1:** what do you do to make sure you throw accurately?

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.



Jumping Jacks / Star Jumps

Well Being Thursday 21<sup>st</sup> January 2021

## HEALTHY HEART CIRCUIT

**How to play:** This can be done inside or outside

Make sure your area is safe from items that you might run into, fall over etc.

Decide where you are going to do this activity - organise 6 stations around the area far enough apart to prevent you hitting others if playing this game with others - use the [support cards on the following page](#) to help you and to remind you what to do at each station.

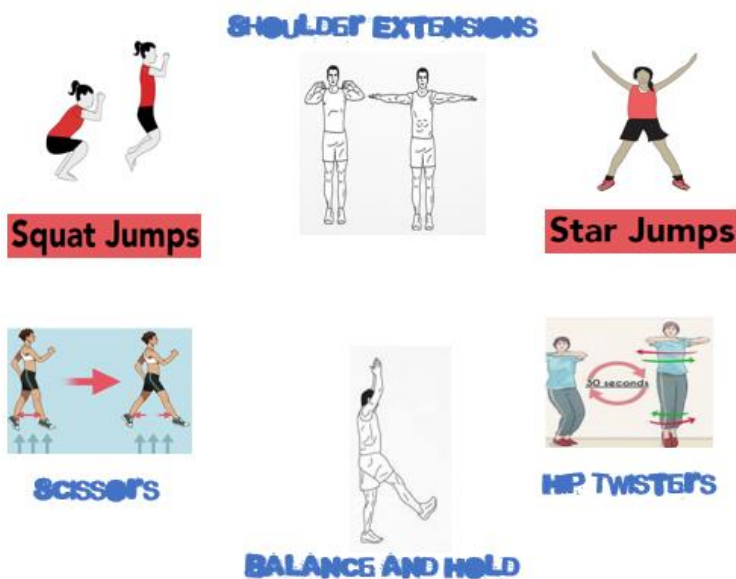
If you are doing this with other people – ask each person to stand at one station

If you have more than 6 players – some stations will have 2 players doing the activity at the same time.

You will do each activity for 30 seconds - Use a stopwatch or countdown on a watch / computer to tell you when the time is up. After completing each activity move to the next station and rest for 30 seconds (reset your timer) then complete the next activity for 30 seconds and so on...

Key stage 1 children: Complete two circuits of the 6 activities x 30 seconds with 30 second break between each activity (approximately 20 minutes to complete)

Key Stage 2 children: Complete three circuits of the 6 activities x 30 seconds with 30 second break between each activity (approximately 30 minutes to complete)



### How to make this activity easier or harder:

**Space** = Set up more stations in the area – think of other actions you could do

**Task** = increase / decrease the number of repetitions you do at each activity

OR decrease / increase the time players work for

OR do 3 x 30 seconds at each station with a 30 second rest between each attempt then move to next station

**People** = work in pairs have a competition to see who can do the most repetitions in a set time.

### Healthy Heart Circuit



## Squat Jumps

Stand behind a line, jump forward and squat (Repeat).



### Healthy Heart Circuit



## BALANCE AND HOLD

Stand on one foot, other leg stretches out in front, arms reach up above head. Hold for 30 seconds.



### Healthy Heart Circuit

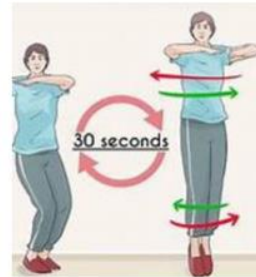


## Star Jumps

Maintain rhythm, arms should be fully stretched and reach up above head.



### Healthy Heart Circuit

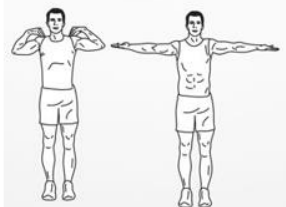


## HIP TWISTERS

Clasp hands and lock elbows. Stand shoulder width apart. Reach up high then bend and reach low. Maintain control and produce action correctly.



### Healthy Heart Circuit

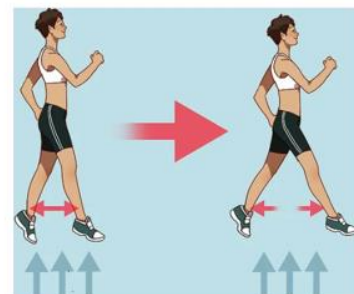


## SHOULDER EXTENSIONS

Stand tall in a balanced position, stretch arms out wide, palms facing to the sky, bend elbows, fingers touch top of shoulders, arms extend / straighten to original position. Repeat.



### Healthy Heart Circuit



## SCISSORS

Small jump up, switch legs in air, land - ( repeat)



**Fun Friday 22<sup>nd</sup> January 2021**



**How to play:** The best place to do this is outside (It can be done inside but use a soft small ball or rolled up socks)

Find a wall without out any pictures, shelves or items hanging on it – you could use a flat door

## how to play

Players face a wall and bounce a ball off it. They try ten different throws and catches, trying to build up a sequence. The goal is to complete a list of throws and catches like this one:

10. Throw and catch with your preferred hand 10 times.
9. Let the ball bounce once before you catch it 9 times.
8. Clap once before the ball bounces back 8 times.
7. Catch with your other hand 7 times.
6. Clap twice while the ball's travelling through the air 6 times.
5. Throw under your left leg, and catch 5 times.
4. Throw under your right leg, and catch 4 times.
3. Throw against the wall, let it bounce, bat it back against the wall with your hand and then catch 3 times.
2. Throw ball against the wall so it bounces back over your head, chase it and catch it after one bounce 2 times.
1. Spin around and catch the ball before it bounces 1 time.

## equipment

A wall and a variety of different density and size balls.

Make sure your area is safe – nothing you can hit, break, fall over or run into.

There should be enough space for you to complete each activity safely.

If completing inside – it will be difficult to complete number 2.

If using rolled up socks – it will be difficult to complete some of the activities – can you find out which ones and explain why?

Can you think of and perform any other ways to bounce and catch a ball against a wall?

Play for 20 – 30 minutes

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.



**Speed Bounce (complete 100 bounces over line or cone)**

You can put down a skipping rope to jump over, a low draught excluder, a garden cane etc.

For additional personal challenges visit [www.sgochallenge.com](http://www.sgochallenge.com) log in or register and complete the challenges available.

Sporty Saturday 23<sup>rd</sup> January 2021

**Family Fun Time**

Complete this challenge in the house and see if you can see or find the following things:

## INVENTOR SCAVENGER HUNT

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.

This could be a race:

who can find all the items in the quickest time?

Set a time (e.g. 20 minutes) and see who can find the most items on the list in the time?

Relaxing Sunday 24<sup>th</sup> January 2021

**Family Fun Time**

Visit



<https://jumpstartjonny.co.uk/home>

Scroll down home page and complete the following

