

Move it Monday 1st February 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.

This can be done as an individual, pairs or small group but remember to stay 2m apart.

This is a no contact activity – you should not hit or hurt anyone.

Link martial arts moves together into a flowing sequence.

Check out the Brazilian 'Flight Dance' Capoeira for ideas.

This activity is about controlling your speed and body movements – it is not a race.

Actions:

Side Kick – feet apart, lift and push one leg out to the side

Boxing Punch – elbows bent, fists clenched small, punch slowly left then right

Jab – alternate arms, punch straight out in front

Body Swerve – bend low, turn sharply right or left and stand up

Duck – Swoop down like a bird

Extension Activity:

Choose some music (not too fast) and using the actions above create a 'Flight Dance' of your own to your chosen music

Teach someone else to perform your 'Flight Dance'

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.



Seated twists (can hold an object and move it across the body and touch the floor each side of your body) 50 per side

Thoughtful Tuesday 2nd February 2021

Encouraging others to be active during Lockdown

(Choose any 3 from the boxes below)

Design a poster to encourage others to
GET ACTIVE!

Design an obstacle course for your family to complete (indoor or outdoor)
It must be safe but challenging
Most of all it should be fun!
Get creative!

Create a fun dance routine
Keep it simple
Use lively music
Now teach it to someone in your house

Create a sport-related word search
There should be a minimum of 15 words for your friends to find
Send it to 5 friends

Fitbit Friend Challenge
E.g., Floors challenge – climb stairs to the equivalent of a UK mountain
Set a realistic time frame
Climb safely
1 floor = 3 metres

Research UK Mountains:

Find out how high they are in metres – select one, then divide (÷) the height by 3 to tell you how many times you need to climb your stairs to reach the top of the

Challenge another family member to climb the same or another mountain.

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Jump on the Spot / Complete 100

Mindful Wednesday 3rd February 2021

STRETCHING DICE

How to play: Play for 20 minutes

Roll a dice, look at the number rolled and complete the correct stretch exercise

Hold your stretch for 10 seconds – the roll dice again.

Roll a 1 = Twisted back hamstring stretch

Roll a 2 = Arabesque back stretch

Roll a 3 = Side stretch

Roll a 4 = Quadricep stretch

Roll a 5 = Squat stretch

Roll a 6 = Shoulder stretch

If you do not have a dice – make one from paper / card OR write the numbers on a small box or cube that you may be able to find somewhere in your house.

Extension Activities:

If playing on your own – make up 6 different stretches and play again using your own stretches

If playing with others – roll the dice for a partner / group (take it in turns to roll the dice)

Stretching Dice

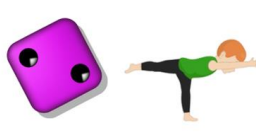


Opposite Hand reaches to opposite foot

Stretch 1: Straddle stance, left hand reaches to right foot
Stretch 2: Straddle stance, right hand reaches to left foot
Hold each stretch for 10 seconds




Stretching Dice

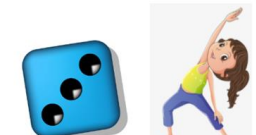


Arabesque Back Stretch

Stretch 1: Stand on right leg, reach hands forward at full stretch
Stretch 2: Stand on left leg, reach hands forward at full stretch
Hold each stretch for 10 seconds




Stretching Dice




Side Stretch

Stretch 1: Straddle stance, straight right arm reaches over head towards the left
Stretch 2: Straddle stance, straight left arm reaches over head towards the right
Hold each stretch for 10 seconds




Stretching Dice




Quadricep Stretch

Stretch 1: Stand with straight right leg, hold left foot behind back
Stretch 2: Stand with straight left leg, hold right foot behind back
Hold each stretch for 10 seconds



Stretching Dice



Squat Stretch

Sit in a squat position with arms full stretch above head
Hold each stretch for 10 seconds



Stretching Dice



Shoulder Stretch

Stretch 1: Straight back, right arm reaches over shoulder, left arm reaches up your back – try to touch right hand
Stretch 2: Straight back, left arm reaches over shoulder, right arm reaches up your back – try to touch left hand
Hold each stretch for 10 seconds



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Burpees

(For younger children KS1 – touch floor then reach up)

Complete 100

slalom relays

Go through twists and turns
as quickly as you can

Well Being Thursday 4th February 2021

slalom relays

Go through twists and turns
as quickly as you can

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.

Place a number 3 – 5 small objects on the floor (they will be the cones / objects you will move around)
Spread them out so that you will be able to move 'in and out' of them.

Activity 1:

Weave in and out of the objects to the last one, turn and move in and out back to where you started
Can you do this and balance a light small book or beanbag on your head (do not hold the book with your hands) – try to do this as fast as you can

Question 1: Can you run as fast as you can? What happens to your speed when you are trying to balance a book on your head?

Activity 2:

Move in and out of the cones but you can only move by side stepping
Can you do this and balance a beanbag / small light book on your head?

Question 2: Is this easier or harder than activity 1? Can you explain why you find it easier or harder?

Activity 3:

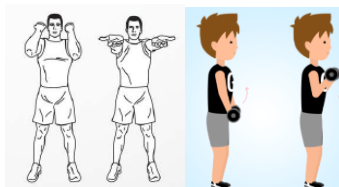
Try to find other ways to move through the objects (e.g. skip, hop, backwards etc)

Can you move through with a ball – dribbling with your foot, stick, bat?

Can you move through and bounce or roll a ball through your pathway?

Could you balance an object on other body parts (hand, arm etc or on a bat)?

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Bicep Extensions / Curls

KS1 children no weights – could hold a light bottle / ball. KS2 children could hold half / full bottle of water in each hand - Complete 100

catch crazy

six fun ways to play
and play and play

Fun Friday 5th February 2021



catch crazy

six fun ways to play
and play and play

How to play: Use a ball or rolled up socks

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 you are playing in your home – make sure you play in space and that there are no breakable items in the area.

Throw, clap and catch – How many claps can they do before catching the ball?

Jump Ball – Throw the ball as high as they can, and jump up to catch it.
Can they catch it with their feet off the ground?

Cone catch – Make a cardboard cone and pop the ball in. Can they throw the ball up out of the cone and catch it? Or, even harder, catch it in the cone?

Bounce 'n' bounce – They bounce the ball on the ground, patting it with their hand to keep it bouncing. How many bounces can they do in a row?

Handy catch – Throwing a ball from one hand to the other, how high can they go?

Roll chase – They roll the ball and chase it. Can they pick it up before it stops?

Extension Activity:

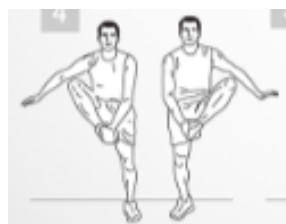
Can you throw the ball or rolled up socks for someone else to catch for throw, clap and catch?

Can you throw the ball or rolled up socks for someone else to catch for jump ball and cone catch?

Can you roll the ball or rolled up socks for someone else to chase?

Can you think of other ways to throw and catch your object?

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Toe Taps (50 each foot)

Sporty Saturday 6th February 2021

Family Fun Time

Just Dance 2020: Shakira - Waka Waka (This Time for Africa) Versión Futbolera - (MEGASTAR)



Visit: <https://www.youtube.com/watch?v=CyfM2o0d0IE>

Relaxing Sunday 7th February 2021

Family Fun Time

Time for some relaxation

Be the Pond | Cosmic Kids Zen Den - Mindfulness for kids



Visit:

<https://www.youtube.com/watch?v=wf5K3pP2IUQ&list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK&index=3>