

Yoga (1 or more people)

Can you copy each of these yoga poses?



Challenge: Can you hold each pose still for 15 seconds? 30 seconds? 1 minute? Can you close your eyes?

Write a list of at least 10 things that you are grateful for

Here are some more activity ideas:

Play your favourite board game

Can you make your own board game and play with your family?

Cook or bake a healthy meal or treat with a grown up



Design a new kit for your favourite sports team, or design a new PE kit for your school



Keep a diary every day, recording what you did, what you enjoyed and what made you happy

Ashington & Coquet
School Sport Partnership



Be Active At Home

Hello!

When we have to stay at home it might mean that we can't go for a walk, play football or ride our bike or scooter, but it is really important that we try to be active for 60 minutes each day. The 60 minutes can be spread across the day, so MOVE MORE and SIT LESS.

We have put together some fun activities for you to try at home. These can be done by yourself or with your family:

- Can you try all of the activities?
- Can you make up activities of your own to try at home?
- When you come back to school don't forget to tell your teacher which was your favourite activity!

Jumping Jack Challenge (1 or more people)



How many jumping jacks can you do in 15 seconds? In 30 seconds? In 45 seconds?

My best score in 15 seconds:

My best score in 30 seconds:

My best score in 45 seconds:

Challenge: Can you beat your best score?

Can you predict how many jumping jacks you can do in 1 minute (60 seconds)? Have a go and see if you are right:

I predict that I can do jumping jacks in 1 minute

I actually did jumping jacks in 1 minute

If the numbers are different, why do you think this might be?

Keepy-Uppies (1 or more people)

Can you use a soft ball, balloon, teddy or pair of socks and do as many keepy-uppies as possible. How many can you do before it touches the floor or walls? Can you beat your best score?

Challenge: Can you use different parts of your body to do keepy-uppies? Can you use your hands, feet, knees, head?

Can you do a keepy-uppie rally with another person? How long can you keep going?

Can you use a book as a racket to do keepy-uppies? How many can you do?



Heel To Toe (1 or more people)



Can you measure at least 3 different areas of your home (eg hallway, bedroom, kitchen) by counting how many heel to toe steps it takes to get from one side to the other?

•To walk heel to toe, walk slowly and carefully, when you put your foot down, your heel should touch the toes of the foot that's already on the floor. Put your arms out to help you balance

Challenge: Can you do the whole distance without wobbling? If you wobble, start your measuring again!

Area Measured	How many heel to toe steps

Alphabet Scavenger Hunt (1 or more people)

Can you find something in your home beginning with each letter of the alphabet?

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

Challenge: Can you find the name of an animal, food, town, country or your own choice of category, starting with each letter of the alphabet?

ABC

Search For The Smiles (1 or more people)



You have 5 minutes to collect as many things as possible that have a smile (or look like a smile)

- You can only collect one thing at a time
- You must do 5 side-to-side jumps before you set off to find the next item

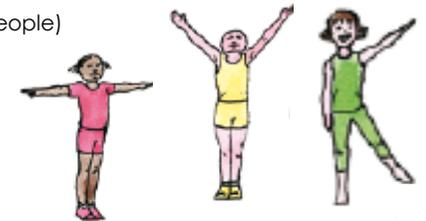
Challenge: For each item can you travel in a different way (eg *jumping, hopping, skipping, crawling*)?

Can you write down or draw things that make you smile?

Ask a grown up what makes them smile. Can you do any of those things to make them smile?

Body Shapes (1 or more people)

Can you use your body to make the letters in your name?



Challenge: Can you try all the letters in the alphabet? Which ones are easy to make and which ones are tricky?

Can you make letters to spell out words and ask someone else to guess which words you are making?

The Crane (1 or more people)

You will need a pile of soft objects, such as teddies, socks or cushions. Sit down next to the pile, either on the floor or on a chair, and using only your feet move each object to make another pile. Move only one object at a time!



Challenge: How long does it take you to move all of the objects? Can you beat your best time?

Can you find out 3 facts about cranes?

- 1)
- 2)
- 3)

Parade Ground (1 or more people)

Can you march in a line and then change direction? Lift your knees high and swing your arms! Can you make up a marching routine?

Challenge: Can you perform your marching routine with someone else and do all the movements at the same time?

Can you list 6 instruments which are played in a marching band?

- | | | | |
|---|----------------------|---|----------------------|
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| 2 | <input type="text"/> | 5 | <input type="text"/> |
| 3 | <input type="text"/> | 6 | <input type="text"/> |



Animal Walks (1 or more people)

Can you move like a:

Frog



Bear



Crab



Snake



Kangaroo



Duck



Think about the body shape of the animal, where its "arms and legs" are, how they move and how fast or slow they go.

Challenge: Ask someone to say "Freeze" - can you freeze totally still for 3 seconds (count 1 elephant, 2 elephants, 3 elephants)

Can you find out what each of the animals would eat?
Can you watch a film, read a book or write a story which includes one or more of these animals?

Chance Dance (1 or more people)

Choose 6 dance moves and assign each move to a number on a dice. Roll the dice and put the moves together into a "Chance Dance" to your favourite song!

Challenge: Can you choose 6 dance moves that you haven't tried before and make a different Chance Dance?

By rolling the dice and adding the number on each time, how many rolls does it take you to reach a total of 20 or 100? Or can you multiply by the number each time and see how many rolls it takes to reach 1 million?!

(it's probably not as many as you would think!!)



Rock, Paper, Scissors (2 people)



Choose a full body action for Rock, Paper, and Scissors. Count 1-2-3 then each player makes their chosen action:

Rock beats Scissors, Paper beats Rock, Scissors beat Paper

If both players choose the same action, no one wins that round. The first player to score 5 wins!

Challenge: Making sure you have enough room, can you make a whole body movement for each action?

Using one sheet of paper, can you make a paper aeroplane and see how far it will fly? Can you see if you can make it go further, or have a competition against someone else?



Around The World (1 or more people)

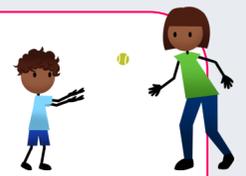
Pass a ball (or teddy bear, cushion, pair of socks) around your waist. How many times can you pass it around your tummy in 60 seconds? Can you beat your best?

Challenge: Can you pass the other way around your waist? Can you pass around your knees, ankles or head instead?

Can you try a food from a different country that you haven't tried before?

Write down what you tried and describe what it was like:

Throw and Catch (1 or more people)



Using a soft ball, pair of socks or a soft toy, can you throw and catch to yourself? How many times can you throw and catch in 30 seconds?

Can you throw and catch with another person?

How many times in 30 seconds?

Can you beat your best scores?

Challenge: Can you stand further away? Can you throw under your leg? Can you clap before you catch?

Record how many catches you do in 30 seconds:

--	--	--	--	--	--

How many catches have you done altogether?

Let's Dance (1 or more people)



Create and perform a dance to your favourite song! Can you perform to your family or an audience of toys?

Can you include an action for turn, jump, freeze, grow, explode?

Challenge: Can you choose a different song and make up another dance that is slower/faster or in a different dance style?

Write down other words to describe the movements in your dance: eg *whizz, stretch*

Plank Challenge (1 or more people)

Hold a plank position on your toes and hands or elbows. Keep your body in a straight line (like a plank!). How long can you hold the position for?

Can you beat your best time?



Challenge: Whilst in the plank position, can you move forwards, backwards and sideways?

Can you practice your times tables whilst holding the plank position? Tick off the times tables that you know:

2x 3x 4x 5x
6x 7x 8x 9x
10x 11x 12x

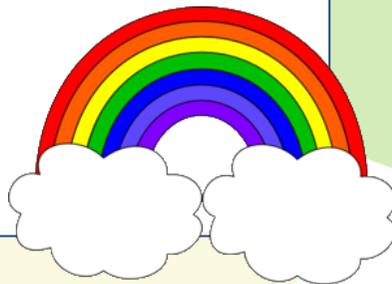
Rainbow (1 or more people)

Can you find things from around your home in the different colours of the rainbow:

Red, Orange, Yellow, Green, Blue, Indigo, Violet

Challenge: Can you arrange the items in the correct order and take a picture of your rainbow to send to a family member or share with your teacher?

Write a short story about seeing a rainbow and going looking for the treasure hidden at the end...



Treasure Throw (1 or more people)

Make a pile of "treasure", such as toys or pairs of socks. Use a soft ball or a pair of socks to aim at the treasure. If you hit any treasure you get to collect it. How many throws does it take you to collect all of the treasure? Can you repeat and try to collect all of the treasure using less throws? Can you play with another family member - who can collect the most treasure?



Challenge: Can you make it more difficult by standing further away from the treasure?

How many different words can you make using the letters in TREASURE?

Keep Your Balance (1 or more people)

Can you balance a teddy (or pair of socks) on your head? Can you walk around, turn around, kneel down, sit down, stand back up without it falling off? Can you make up other challenges without it falling off your head?

Challenge: Can you repeat the challenge balancing the teddy or socks on different parts of your body?

Choose your favourite book and read it to your teddy, or make up a funny story!

