

Activities To Keep You Active At Home

| Activity | Description | Resource |
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| Musical Statues | Chose some of your favourite music and get dancing. At various intervals the music needs to stop (you could take it in turns to be the DJ) when the music stops anyone dancing must freeze. If anyone moves they have to do an exercise E.g. 10 star jumps or 5 push ups. | Something to play music and someone to stop and start it for you |
| Animal races | Create a start and finish point with markers and pretend to be different animals to get there as quickly as you can. This can be done as relay with more than one person taking part or all join in together if you have room. | Markers (items of clothing, pieces of paper, chalk lines if outside) and some imagination |
| Follow the leader | Select a leader for the activity (you can take turns to be the leader) The leader thinks of different actions / movements to do that the others copy and follow. Try to use energetic movements like jumping, stomping, skipping or squatting etc. | Just your imagination and enough space to safely move around |
| Balloon Ball | Keeping the balloon in the air for as long as possible / changing the body part used to keep the balloon in the air / play balloon tennis | Balloons |
| Tickle Tag | Choose a 'tagger' this person has to try to catch the others but the person who gets caught gets tickled. You can set areas that people can go in or 'safe areas' they can use for a few seconds. | None needed |
| Treasure hunt | Either draw a map or leave clues to where children might find some of their toys or treats! If they are old enough, you could help them make a map to follow! You can give extra clues when they find each point on the map until they reach the final treasure and their prize! | Paper pencils or pens and a prize / treat |
| Bubble bashing | Blow bubbles into the air and let the children pop them as quickly as they can before they hit the floor OR let them land then try to pop them all with your feet. | Bubble set |
| Step ups | Using the bottom step on the stairs step up and down using alternate legs each time and try to do as many as you can or step in time to some music. | Low step that is safe to use |
| Holding the plank | Get into the plank position and see who can hold it the longest or do it every day and use it as a challenge to beat your own time. | A way of recording the times |

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| Squat relay | Take it in turns to do your squat and see how long you can keep going together. You could put music on and do it in time with the beat of the music. | None needed |
| Free Dance | Put on some music and make up the moves as you go. Dance to the music in any way you wish | Music, some imagination and your best moves! |
| Aiming / target games | Try to hit your target from different distances getting further and further away each time. If more than one player you can take it in turns OR you have a number of throwing object each and try to be the first to get all of yours into the target. | A target (washing up bowl, bin, bucket, large pan) Objects (balls, beanbags, rolled up socks) |
| Bowling | Fill up water bottles (or other containers similar) and use any ball to knock them down | Skittles (water bottles or similar) Balls (or beanbag or rolled up socks) |
| Circuits | X5 exercises x5 times – simple ideas include: - burpees, bicycle legs, high knees running, plank, jumping jacks, push ups | Pen / paper to write activities on a stop watch or timer |
| Mirroring game | Face each other – One person copies the other persons moves and vice versa. Includes kicks / arm moves / spin arounds etc. | None needed |
| Donkey tails | Each player starts with a tail, the idea is to collect (grab) as many tails as possible whilst trying to keep your own tail safe. You can alternate the way in which players are able to move each round eg running, hopping, skipping, crawling etc | Tails (tea towel, long sock, a tie or a t shirt) |
| Daily walk / run | (Taking social distancing and government guidelines into account) go for a walk, jog or run for 15 minutes in the fresh air. You could go around the block, to an open space or into the garden | None needed |
| Parachute games | Each person hold around the edges of the 'parachute' Mushroom - everyone lift together and pull down together getting the parachute as high as possible. Name swap - call a name and swap positions when the parachute is at its highest point. flying balls - place a set of objects on the centre of the parachute, some players try to keep balls on and the others try to get them off by lifting and waving the material | Parachute (blanket, bed sheet or ground sheet) Objects (balls, rolled up socks, beanbags, teddies) |
| Catch/piggy in the middle | Start by standing close to your child and start with a light object and start throwing and catching between you. You can progress by moving further apart, trying different objects, getting the child to stand on one foot etc. if you have 3 people one person can go in the middle and try to intercept the ball / object | Any type of ball or soft object like a teddy or rolled up socks |