



Keeping kids and families active during time at home












Physical and Mental well-being is so important to us all. Here are some fun & simple ideas to get children and adults 'up and active' in keeping fit and healthy during their time at home

We hope you enjoy having a go at some of these activities.



Ashton Park School Sport Partnership team

Physical Activity Score Card

Activity	Picture of how do the activity	Score	Score	Score	Score	Score	Score
Press up How many press ups can you do in a row without stopping (choose your level)							
Burpees How many burpees can you do in a row?							
Sit ups How many sit ups can you do in a minute							
Skipping with a rope how many skips can you do in a minute							
Wall sits easy how long can you sit against the wall, without moving							
Plank Can you hold the plank 30 seconds easy 40 seconds medium 60 seconds hard							
Squats Choose a level EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							
Scissor kicks Choose one of the levels for the scissor kicks; EASY – 20 seconds MEDIUM – 40 seconds HARD – 1 minute							
Lunges Choose a level EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							
Spiderman plank EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							
Side lunges EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							

Other Physical Activities to try at home

Youth Sport Trust - HOME LEARNING RESOURCES <https://www.youthsporttrust.org/free-home-learning-resources>

Sport England have produced tons of resources to help keep you active.

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

- **GoNoodle**

www.gonoodle.com fun dance moves and active games online. Free to subscribe – tons of fun activities which the children will be familiar with as many schools use this site for brain breaks and wet play.

- **Jo Wicks 'The Body Coach' workouts on you tube** – *He has some brilliant sessions aimed at kids and safe for all the family.*

Eg:

<https://www.youtube.com/watch?v=0xE3CpbVeA>

https://www.youtube.com/watch?v=TUp2_VAHlrI

<https://www.youtube.com/watch?v=xLHA5g-82vY>

- **NHS 10 minute workouts**

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

- **Set an Indoor scavenger hunt**

Find the following items in your house. Use a phone or tablet to take pictures of the following items. How quickly can you find all the items?

1. Something beginning with the letter C
2. Something red
3. A family photo
4. A spoon
5. A picture of someone doing a yoga pose
6. Happy faces
7. Something beginning with the letter O
8. Something that makes a noise when shaken
9. Something beginning with R
10. Something soft
11. Something white
12. Something with two hands and a face but has no arms or legs
13. A group balance, where all of you are touching each other, no one can do the same balance
14. Someone doing the floss
15. Something plastic
16. Something hard

- **Design your own!**

Design your own new fitness game or circuit. Use what you have in the house to design a fitness circuit...this needs imagination!

Make up a dance or routine and perform it (maybe with your family). You could video it and share it with us on

Twitter



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- **Set some Personal challenges!**

1. Stork balance



How long can you balance on one leg.

Now do the do the same balance but close your eyes.

Can you beat your score? Who in the family can hold this balance the longest?

2. Plank challenge

Who can hold the following plank poses for the longest?



3. Football Keep ups & Freestyle challenges

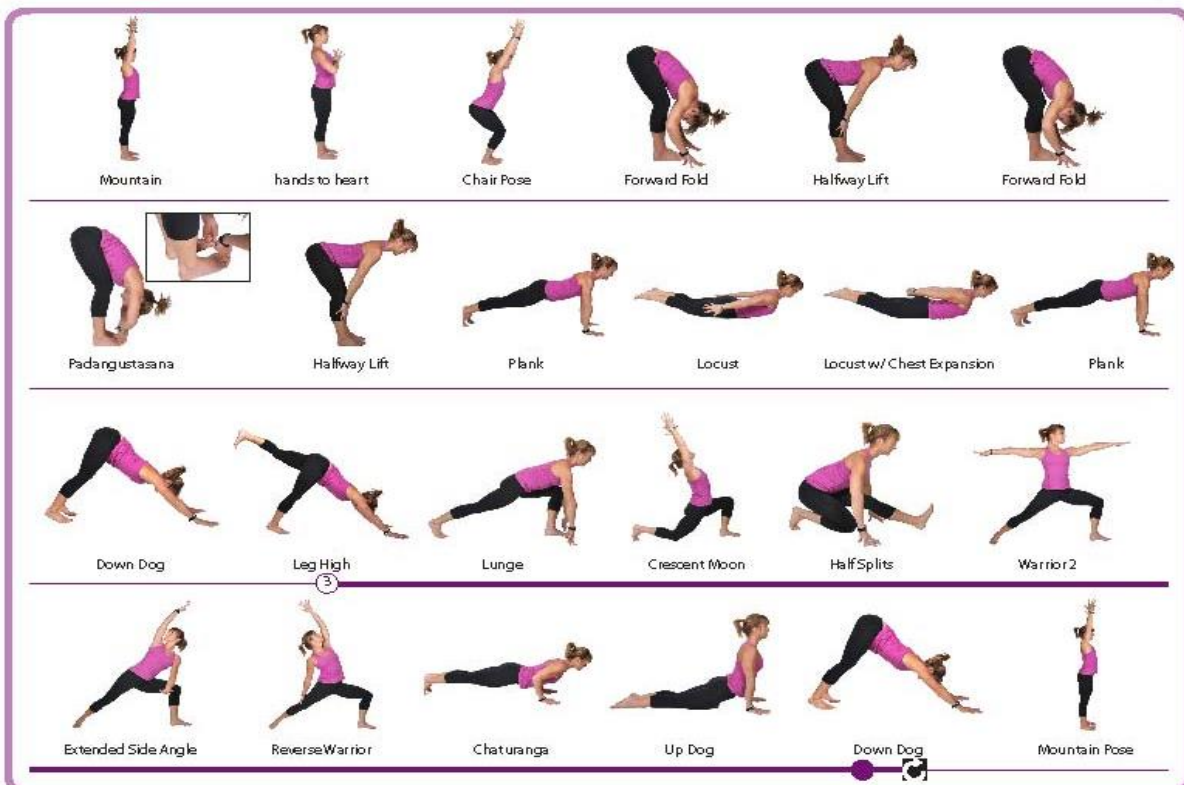
<https://www.youtube.com/watch?v=vnfg1u7tX5o>

<https://www.youtube.com/watch?v=J3-h3MV0yNw>



- **Yoga exercises**

Try holding these yoga poses. If you like these poses below, try finding more on line.



There are so many brilliant resources online:

<https://www.unicefkidpower.org/fun-sports-activities-games-resources-kids/>

<https://www.sportsrec.com/5185418/indoor-sports-activities-for-kids>

<https://kids.guinnessworldrecords.com/activities/try-this-at-home-backyard>

<https://www.verywellfamily.com/active-play-4157315>

<https://www.homeschooling-ideas.com/kids-sports-activities.html>

<https://www.homeschooling-ideas.com/homeschool-pe.html>

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

Cosmic Kids are offering some free resources: <https://www.cosmickids.com/>

<https://gumroad.com/l/funsheets?s=g3hjgqpo1f3otmqpazw>

<https://gumroad.com/l/peaceoutscriptsvol1?s=g3hjgqpo1f3otmqpazw>

<https://gumroad.com/l/episodeguide?s=g3hjgqpo1f3otmqpazw>

Plus loads of stuff on youtube eg:

<https://www.youtube.com/watch?v=WmGjxU3Ggko>

https://www.youtube.com/watch?v=o8uTdn_zkok

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

<https://www.youtube.com/watch?v=8y6blbr-Hn0>

Plus.....we are sure you have tons of ideas yourselves!

Stay Healthy, Keep Active and we look forward to seeing you all very soon and hearing all about the fun you have had at home staying active – remember you could share your videos with us on Twitter!!



@AshtonSSP

Cherry & Debbie

Ashton Park School Sport Partnership

