

BEING ACTIVE AT HOME

Stuck in the house? No worries! If you have a device with access to the internet, then these awesome activities can help you entertained for hours! Remember to ask your adult's permission before using the internet. Or even better, ask your adults to join in with you!

JUST DANCE

WHO DOESN'T LOVE TO DANCE TO THEIR FAVOURITE MUSIC? JUST DANCE IS A FANTASTIC WAY TO PLAY GAMES WHILE EXERCISING! IF YOU DON'T HAVE ACCESS TO THE GAME ITSELF, GO ONTO YOUTUBE AND TYPE IN 'JUST DANCE FOR KIDS' AND LOADS OF VIDEOS COME UP. SIMPLY SELECT YOUR FAVOURITE AND MIRROR THE CHARACTERS ON THE SCREEN! SINGING NOT ESSENTIAL BUT CERTAINLY RECOMMENDED!

MOVEMENT POWERS CHANGE! GONDOLLE ENGAGES 14 MILLION KIDS EVERY MONTH WITH MOVEMENT AND MINDFULNESS VIDEOS AND IT IS AVAILABLE FOR FREE AT SCHOOL, HOME, AND EVERYWHERE KIDS ARE! THERE'S A RANGE OF WORKOUT VIDEOS, DANCE VIDEOS AND SOME WILL GET YOUR BRAIN WORKING!

WWW.GONDOLLE.COM



COSMIC KIDS!

ONE OF OUR SCHOOL'S FAVOURITE ACTIVITIES WHICH HELPS OUR STRENGTH, FLEXIBILITY AND MINDFULNESS! COSMIC KIDS TELLS STORIES IN A FUN INTERACTIVE WAY THROUGH YOGA AND RELAXATION! SIMPLY HEAD TO THE WEBSITE ON YOUTUBE 'COSMIC KIDS YOGA' AND SELECT THE VIDEO YOU WANT! THERE'S SHORTER VIDEOS, LONGER VIDEOS AND DIFFERENT VIDEOS FOR ALL AGES! NAMASTE.

WWW.COSMICKIDS.COM

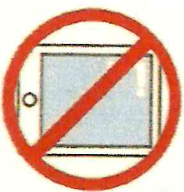
SUPERMOVERS

SUPER MOVERS IS HELPING CHILDREN ACROSS THE UK TO GET PHYSICALLY ACTIVE WITH VIDEOS WHICH HELP YOU LEARN LITERACY AND MATHS WHILE HAVING FUN AT THE SAME TIME! THE BBC PAIRED UP WITH THE FOOTBALL PREMIER LEAGUE TO BRING YOU THESE FUN ACTIVITIES FOR CHILDREN OF ALL AGES! THERE'S SOMETHING FOR YEARS 1 ALL THE WAY UP TO YEAR 6!

WWW.BBC.CO.UK/TEACH/SUPERMOVERS

BEING ACTIVE AT HOME

Make sure you spend plenty of time without looking at a screen. Find a way to entertain yourself in a safe and sensible way. Stuck for ideas? Why not give some of these activities a go! Make sure you ask your adults before playing. They may want to join in too!



BALLOON VOLLEYBALL

ALL YOU NEED IS A BALLOON! SELECT AN OBSTACLE TO TAP THE BALLOON OVER (SOFA, CHAIR, STACK OF DVDS, CUSHIONS). THAT PILE OF CLOTHES YOU SHOULD HAVE ALREADY PUT AWAY. IF IT HITS THE FLOOR ON YOURS OR YOUR TEAM'S SIDE, THE OTHER SIDE WIN A POINT.

HAVE AS MANY TAPS AS YOU NEED TO GET IT OVER THE OBSTACLE, JUST REMEMBER YOU'RE NOT ALLOWED TO CATCH IT.

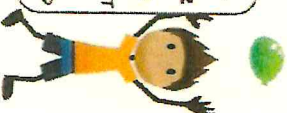
CHANGE IT UP. MAKE SOME NEW RULES. TRY IT SITTING DOWN. SEE HOW BIG OF A BALLYOU AND THE OTHER PLAYERS CAN GET TOGETHER (OR BY YOURSELF!)

STAY TO

FIND A LIGHT OBJECT WHICH YOU CAN TOSS AND CATCH TO YOURSELF (SMALL BALL, BEAN BAG, TEDDY, THE SMELLY SOCKS YOU'RE WEARING). LIKE A VIDEO GAME, SEE IF YOU CAN UNLOCK EACH LEVEL, AND ACHIEVE LEVEL 10! PERFORM EACH TASK 5 TIMES BEFORE MOVING ON TO THE NEXT LEVEL!

COMPLETED IT? CREATE YOUR OWN LEVELS AND CHALLENGE YOURSELF AND SOMEONE ELSE!

- 1: TOSS UP AND CATCH
- 2: TOSS UP, CLAP AND CATCH
- 3: TOSS UP, CLAP, CLAP AND CATCH
- 4: TOSS UP, TOUCH SHOULDER AND CATCH
- 5: TOSS UP, TOUCH KNEES AND CATCH
- 6: TOSS UP, TOUCH SHOULDERS THEN KNEES AND CATCH
- 7: TOSS UP, TOUCH FLOOR AND CATCH
- 8: TOSS UP, SPIN AROUND AND CATCH
- 9: TOSS UP, CLAP IN FRONT OF YOU AND BEHIND YOU AND CATCH
- 10: TOSS UP, 5 CLAPS AND CATCH



TARGET PRACTICE

FIND A SAFE SPACE AND COLLECT YOUR TARGETS (TEDDIES, EMPTY BOTTLES, SHOES, DVD CASES ETC).

FIND A SOFT OBJECT YOU CAN UNDERARM THROW (BALL, A TEDDY, ROLLED UP SOCKS)

SELECT A POSITION TO STAND AND PUT YOUR TARGETS OPPOSITE YOU (CLOSER FOR EASIER, FURTHER AWAY FOR A HARDER CHALLENGE)

USE AN UNDERARM THROW AND AIM FOR A DIRECT HIT. IF YOU HIT YOUR TARGET, BRING IT BACK TO YOUR STARTING POSITION.

DON'T STOP UNTIL YOU'VE COLLECTED ALL OF YOUR TARGETS!

