

# KEEP ACTIVE WITH YOUR KIDS WITH ACTIVE KIDS DO BETTER!



## TIPS AND IDEAS TO GET MOVING WITH YOUR KIDS



### DID YOU KNOW?

#### Less than 1/4 of children get 30 minutes of physical exercise each day

Today in the UK, only one-fifth of girls and a little more than that of boys get 30 minutes of moderate-to-vigorous physical activity each day. This is why we want to remind families how much fun it is to spend time being active with each other and how good it is for their physical and mental health.

#### And Covid has made a challenging situation worse!

“Key findings from the Active Lives – Children and Young People data show that during the 2019/20 academic year only **45% of young people (3.2 million)** averaged at least 60 minutes of physical activity every day – the recommended amount set by the Chief Medical Officer. This is a decrease of **86,500** young people from the prior year.”

Over the past year:



Barriers to being active have included lack of access to usual clubs and facilities (36%), local spaces/pitches (24%) and concerns about the virus (14%).



Over one-third of children (36%) say they had less chance to be active as they when not at school.



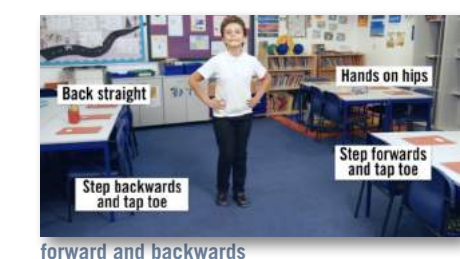
School closures contributed to less daily movement as children were no longer walking to school, moving between classrooms or playing sport with friends.

Let's do  
something  
about  
this ...

Source: [Youth Sport Trust](#)

# WHY NOT START SMALL AND DO A FEW WARM-UP EXERCISES IN THE HOME?

Watch our active kids in the [classroom cards](#) and re-enact them in your living room.



## Create a workout from the basic cards:

1. Start with a simple **jogging on the spot**
2. Add in a **compass jump**
3. Include a bit of **wiggle fun**
4. Speed up with the **gallop**
5. Climb that **ladder** to do some **Power Ranger lifts**
6. Then, do some **hopscotch**
7. Get out any angst with a few **curly kicks**
8. **Reach for the stars** and **twinkle toes lifts**
9. Slow back down with a **clap under the leg**
10. Stretch out with **some hip lifts**
11. And get your heart rate down with **forward and backwards**

Use [our Activity booster](#) to mix and match the ideas above!

If you don't have online access examples of these movement cards are all included in this pack. Print outs are great visual reminders to get active and help you follow a sequence of exercises – so why not stick them on your fridge?

## TOP TIP

Build some sequences with your children and use their favourites for a quick boost of activity during the day.

More inspiration to get going at home:

- March on the spot while streaming your favourite family show
- Pick your favourite music and take turns leading an active session
- Produce a personal merit board to encourage and display active sessions

# READY FOR THE NEXT STEP?

Access more family-friendly activities under Active home.



1. To get off to a mindful and calm start try out our balancing postures in the **Family yoga** cards, then teach your balancing technique to your family member, no equipment required just calmness and concentration!



2. After that it's time for some fun with the **Balance ball game**. All you need is a scarf and balloon. Aim to get the balloon to bounce on the floor on the other side of the scarf and let the competition begin!



3. Ramp up the action and fun and put your balancing technique into practice with **Cross the river game**. All you need are family members, cushions and imagination. Imagine a river running across your living room. Use cushions as lily pads to cross the river without touching the floor — it's harder than it sounds!



4. Finish with a burst of cheerleading activity in your family squad with our **Family cheer card**, once again testing concentration and balance. All you need is a space to cheer in. Make letter shapes with your body spelling out words like active. Hold still — no wobbling! Then, make another word.



## TOP TIP

Find a regular time during the day to complete one of these activities to make it become part of your routine.

We've made this sequence out of only 4 activities, there are 6 others to select from to create your own in-home session. Choose from **Ping towel pong**, **Lights, camera, action!**, **It's snowing**, **Crazy balloon racing**, **Sling shot tennis** and **Active pairs**.

## USE THESE FREE RESOURCES AND EMBRACE THE POSITIVE OUTCOMES!

Youth Sport Trust has found that parents value the time they spend on activity with their children, believing that sports and fitness are bringing families together.

53%

of parents are doing more physical activity with their children than they did prior to lockdown.

61%

felt that playing sport and keeping fit was helping maintain their family's physical and mental well-being.

Source: *Youth Sport Trust*





# JOG ON!



## INTENSITY

- Low arms, low knees
- High arms, low knees
- High arms, high knees

## WHY?

- Developing reciprocal bilateral movement
- Moving both sides of the body at the same time in opposite directions
- Raising heart rate

## WHERE?

- Classroom
- School hall

## WHEN?

- Energiser during lessons
- Transition between lessons

## WOW!

- Increase time of jogging
- Increase distance jogged
- Jog in time to music

Fold along line



# COMPASS JUMPS



## INTENSITY

- Two-foot jumping forward and backwards
- Two-foot jumping side to side
- Two-foot jumping forwards and backwards and side to side

## WHY?

- Developing bilateral integration
- Using both sides of the body in mirror image unison

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Increase time spent jumping (max 30 secs)
- Count the number of jumps you can do in 30 seconds. Can you beat your score?
- Call out different compass points for a partner to jump towards

Fold along line



# WIGGLE



## INTENSITY

- Wiggle on the spot
- Wiggle as you bend your knees and lower your body
- Wiggle as you bend down and as you rise to a standing position

## WHY?

- Developing reciprocal bilateral movement
- Moving both sides of the body at the same time in opposite directions

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

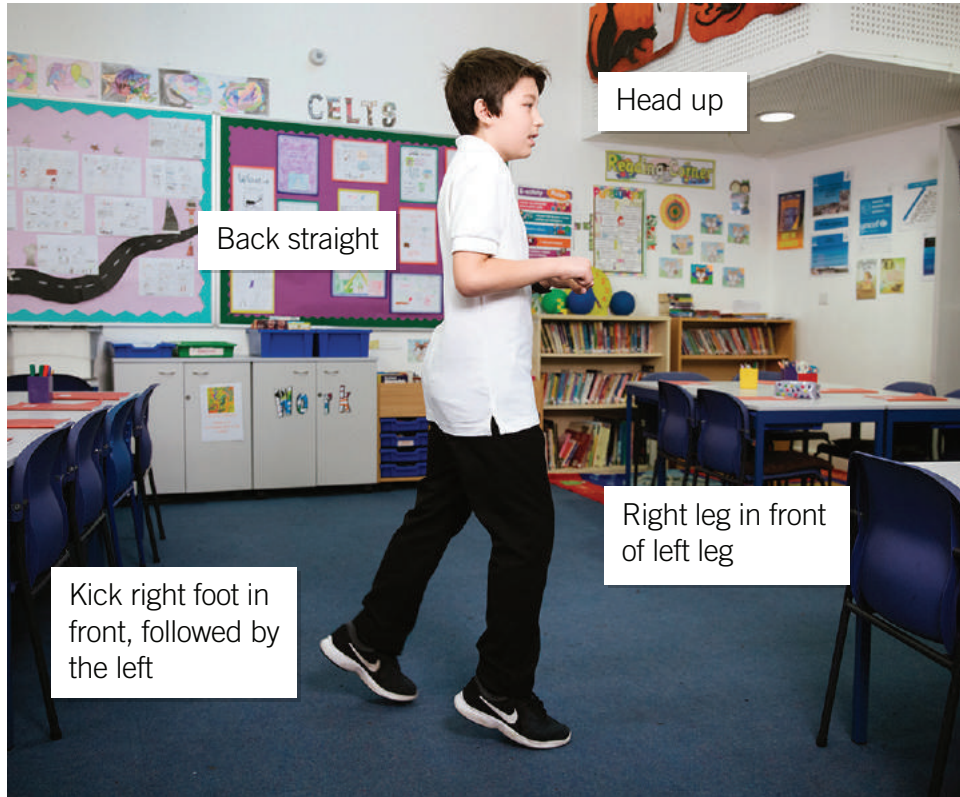
- Wiggle until you lose your balance
- Can you wiggle longer than a partner?
- Wiggle along to music

Fold along line





# GALLOP



## INTENSITY

- Gallop on the spot with same leg leading
- Gallop on the spot switching leading leg
- Gallop round in a small circle

## WHY?

- Developing asymmetrical bilateral integration
- Each side of the body acting in a different way to complete a single task
- Raising heart rate

## WHERE?

- Classroom
- School hall

## WHEN?

- Energiser during lessons
- Transition between lessons

## WOW!

- Follow my leader gallop with a partner
- Create zigzag patterns and curves as you gallop
- Gallop the letters of your name across the floor

Fold along line



# POWER RANGER



## INTENSITY

- Arms held still
- Arms pulled down to the side (bending at the elbow) level with the shoulder
- Deeper squat coordinated with the arms

## WHY?

- Developing strength in legs and stability of the knee joints
- Developing the use of both sides of the body

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Increase time of squatting
- Place feet further apart
- Squat counting in steps of a number, e.g. 2s, 10s, 50s

Fold along line





# HOPSCOTCH



## INTENSITY

- One- to two-feet jumping with same foot hop
- One- to two-feet jumping with either foot hop
- Hopscotch in a small circle

## WHY?

- Developing the midline to support development of cognitive skills
- Raising heart rate

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Use both the left and right foot for the hop
- How long can you hopscotch for without stopping?
- Hopscotch counting in steps of a number, e.g. 2s, 10s, 50s

Fold along line



# CURLY KICKS



## INTENSITY

- Kick feet to bottom, hands on hips
- Kick feet to bottom, swing arms
- Kick feet to bottom, swing arms and bounce

## WHY?

- Developing reciprocal bilateral movement
- Developing the use of both sides of the body
- Raising heart rate

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Pump your arms at the same speed as your feet are kicking
- Can you do more kicks than a partner?
- Call out different times table questions and kick the answer

Fold along line



# TWINKLE TOES



## INTENSITY

- Lift feet up alternately, bending at knee and touching toes with opposite hand
- Lift feet up alternately, bending at the knee across the body or outwards, touching toes with the opposite or same hand
- Lift feet up alternately, bending at the knee across the body, touching toes with the opposite hand and with a bounce

## WHY?

- Raising heart rate
- Crossing the midline

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Increase time for the activity
- Perform the movement counting in steps of a number, e.g. 2s, 10s, 50s
- Create a sequence and teach it to a friend

Fold along line





# CLAP UNDER LEG



## INTENSITY

- Kick leg forward and up and clap under leg
- Kick leg forward and up with a bounce and clap under leg
- Kick leg forward and up and clap under leg while moving in a circle

## WHY?

- Developing bilateral movement

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Increase speed of movement
- Increase time spent on movement
- Count how many claps under the leg you can do. Try to beat your score!

Fold along line



# HIP LIFT



## INTENSITY

- Shift weight to base foot, lifting up onto toe
- Shift weight to base foot, lift hip, lifting up onto toe
- Bend knees, shift weight to base foot, lift hip, lifting up onto toe

## WHY?

- Developing bilateral movement
- Strengthening the core
- Developing the use of both sides of the body

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

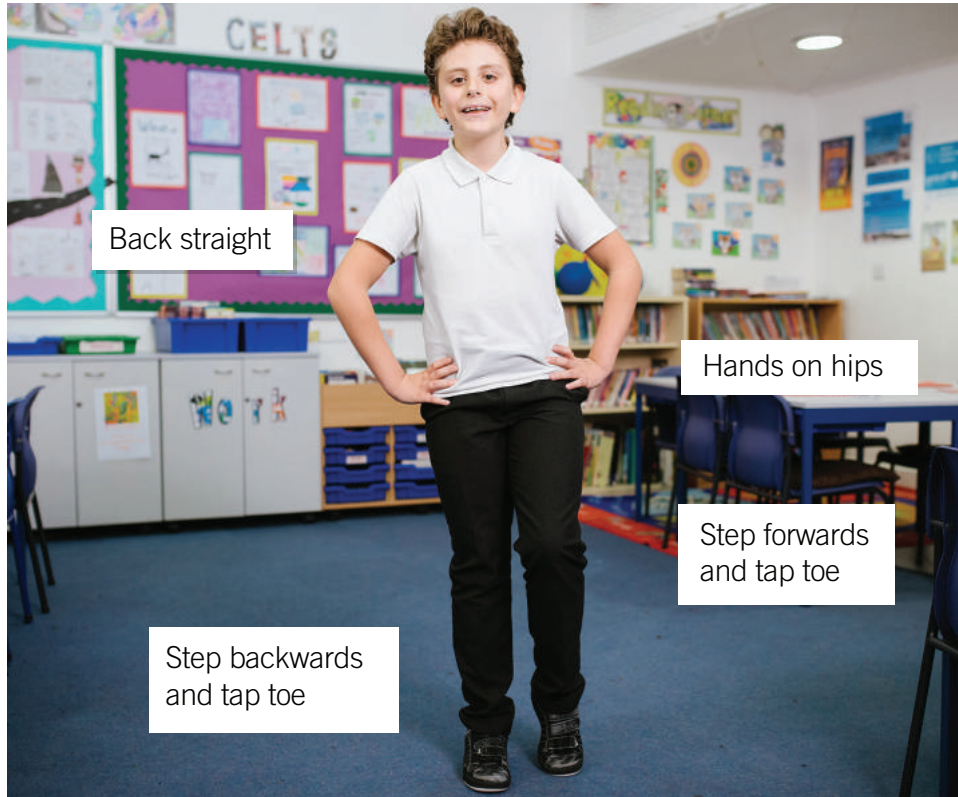
## WOW!

- Increase bend in the knee before you lift your hip
- Combine alternate hip lifts with same side hip lifts
- Hip lift while reciting times tables

Fold along line



# FORWARD AND BACK



## INTENSITY

- Hold arms out to the side to balance
- Hands on hips
- Swing arms so opposite arm comes forward in time with opposite leg

## WHY?

- Developing the use of both sides of the body
- Developing bilateral movement

## WHERE?

- Classroom
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Can you dip at the knee on your base leg as you tap your toe?
- Can you keep in time with music as you step?
- Can you step at the same time as a partner?

Fold along line



# YOGA



## YOU WILL NEED

- Family or friends

## HOW TO PLAY

- Each person chooses a balance to practise until they can perform it with control, without wobbling.
- Each person then teaches their move to the others. Remember to help each other to be the best you can.
- Try performing the moves in a sequence, moving fluently from one to the next.
- When someone has held a balance for as long as they can, give them a high five!

## REMEMBER...

- If you need to lean on a chair or against a wall for a bit of support, that's fine too.

# BALLOONBALL



## YOU WILL NEED

- Family or friends
- A scarf or a skipping rope
- A balloon

## HOW TO PLAY

- Divide the group into two teams – A and B.
- Create a net between the teams using a rolled-up scarf or a skipping rope. If playing inside, players must remain seated at all times. If playing outside then players could stand or sit.
- Team A starts with the balloon and ‘serves’ (throws) it across the net to try to get it to bounce on the floor on the other side. Team B must try to stop it from touching the floor and pass it back across the net.
- If the balloon bounces on the floor on the other side, the serving team scores a point and serves again. If the balloon bounces on the servers’ side of the net they lose the serve. A team can only score when serving.
- The aim is to get the balloon to bounce on the floor on the other side of the net.

## REMEMBER...

- Make sure you have enough space around you and don’t climb on to your knees!

# CROSS THE RIVER!



## YOU WILL NEED

- Family or friends
- Cushions

## HOW TO PLAY

- Imagine there is a river running across your playing area with a riverbank on each side.
- One-player game: Using two cushions as lily pads, try to cross the river without touching the floor.
- Two or more player game: Using three cushions as lily pads, work together to try to cross the river.
- Only one person is allowed on a lily pad at a time.

## REMEMBER...

- Make sure you have enough room to cross the river safely.
- Make sure the 'lily pads' won't slip and slide across the floor.



# FAMILY CHEER!



## YOU WILL NEED

- Family or friends
- A space to cheer

## HOW TO PLAY

- Become a family cheerleading squad! Make letter shapes with your bodies spelling out the word ACTIVE.
- Call out together 'Give me an A'- all then perform a shape to represent an A.
- 'Give me a C'- all show a shape to represent a C etc...
- Shout 'Put it all together and what have you got?' ACTIVE!
- Repeat with other words.

## REMEMBER...

- Try to hold the shape still with no wobbles; you may need to hold on to something for support.
- Make sure you have enough space.