

Staying Happy, Healthy and Safe:

Staying Happy, Healthy and Safe 2: Staying fit and having fun

(I don't have access to the internet)

For lots of us, it is really strange to not be able to go to take part in our usual fitness activities, but it is also a great opportunity to try a new fitness activity or

Remember to:-

- To check with your family to make sure that the space is a safe to play in
- To warm up and cool down your muscles to make sure that you don't hurt yourself.
- To check that there is nothing that can get broken where you are keeping fit.
- To think carefully so that you don't hurt yourself.

Idea	I have had a go at this!
Have fun and Move More Games (no/limited screen time)	
<p>Ball Bearings: Mime (act out without speaking) different ways to use a ball; remember to pay attention to the timing to make it look realistic. You could bounce a ball, throw and catch, bowl, shoot at a net, kick, dribble, throw and kick or act out the moves from a ball game e.g basketball, rounders, netball, cricket or netball. Think about all of the actions you might make playing these games.</p> <p><i>Additional Challenge:</i> Imagine that you are robot following these instructions. What sort of movements would they make?</p>	
<p>Simon Says: One player takes the role of "Simon" and issues instructions to the other players, which should be followed only when prefaced with the phrase "Simon says". You could ask people to skip, hop, crawl, walk sideways, galloping, using bunny hops etc.</p>	
<p>I'm magic! Imagine you had the magical power to change a human into something else! Point at someone who has to turn into an animal.</p> <p><i>Additional Challenge:</i> think about a situation the animal would never be in – for example a lion skating on ice.</p>	
<p>Action Orchestra Imagine that you are the conductor of an orchestra in control of the sound (or movement)! Give everyone a different sound (or action.) You are in charge of making the music; you will need different signals for people to come in / come out (with movement and sound), slower, faster, all together and stop.</p>	
<p>Move to the Beat.</p>	

<p>Listen carefully to your favourite pop music song; can you hear the beat? Think about what movement you could do to each beat of the music so that it matches.</p>																			
<p>Cat and Mouse 1 person in the group is the cat (who meows) and everyone else is mice (who squeak). Make an area of the room that is home / or a block of cheese. The mice try to get to the cheese / home and the cat tries to catch them by touching their back. Any mouse that is caught will then become a cat in the next round until there is an overall winner.</p>																			
<p>Whole Body: Paper, Scissors, Rock Play Paper, Scissors, Rock with a twist – using your whole body! You will need to decide what each looks like; remember paper beats rock, rock beats scissors and scissors beats paper.</p>																			
<p>Human Remote Control You are a human remote control able to control the actions and movements of others. You have control and allow them to play (walk forward at a normal pace) / Fast Forward (run forward) / Rewind (walk backwards) / Pause (stop) / slow motion (walk forward slowly) / stop (end the game.). Remember to make sure no one bumps into others!</p>																			
<p>Musical Statues Pop on some of your favourite music – when it stops you freeze / stand still in your last pose. If you move, then you are out!</p>																			
<p>Indoor Scavenger Hunt Organise an indoor scavenger hunt you can change the theme each week e.g. items of clothes, one thing from each room beginning with a letter</p>																			
<p>Family “climb to the top of the mountain” Challenge. Remember to walk up and down the stairs; you could set yourself the challenge of climbing up a variety of different buildings as a family. Remember only the steps going up the stairs count in the challenge!</p> <table border="1" data-bbox="113 1458 1286 1832"> <tr> <td>Slieve Donard, Northern Ireland – 5,390 steps</td> <td>Sydney Opera House, Australia – 425 steps</td> </tr> <tr> <td>Scafell Pike, England – 6,180 steps</td> <td>Clifton Suspension Bridge, England – 490 steps</td> </tr> <tr> <td>Mount Snowden, Wales – 7,120 steps</td> <td>The Elizabeth Tower (Big Ben), England – 632 steps</td> </tr> <tr> <td>Ben Nevis, Scotland – 8,810 steps</td> <td>Forth Rail Bridge, Scotland – 680 steps</td> </tr> <tr> <td>Mount Blanc, France – 30,420 steps</td> <td>BT Tower Birmingham, England – 997 steps</td> </tr> <tr> <td>Mount Kilimanjaro, Tanzania – 38,680 steps</td> <td>Blackpool Tower, England – 1,036 steps</td> </tr> <tr> <td>Mount Everest, Nepal – 58,070 steps</td> <td>Seattle Space Needle, USA – 1,164 steps</td> </tr> <tr> <td>The Millennium Dome, England – 320 steps</td> <td>Canary Wharf Tower, England – 1,600 steps</td> </tr> <tr> <td>Petronas Twin Towers, Malaysia – 2,860 steps</td> <td>CN Tower, Toronto, Canada – 2,860 steps</td> </tr> </table>	Slieve Donard, Northern Ireland – 5,390 steps	Sydney Opera House, Australia – 425 steps	Scafell Pike, England – 6,180 steps	Clifton Suspension Bridge, England – 490 steps	Mount Snowden, Wales – 7,120 steps	The Elizabeth Tower (Big Ben), England – 632 steps	Ben Nevis, Scotland – 8,810 steps	Forth Rail Bridge, Scotland – 680 steps	Mount Blanc, France – 30,420 steps	BT Tower Birmingham, England – 997 steps	Mount Kilimanjaro, Tanzania – 38,680 steps	Blackpool Tower, England – 1,036 steps	Mount Everest, Nepal – 58,070 steps	Seattle Space Needle, USA – 1,164 steps	The Millennium Dome, England – 320 steps	Canary Wharf Tower, England – 1,600 steps	Petronas Twin Towers, Malaysia – 2,860 steps	CN Tower, Toronto, Canada – 2,860 steps	
Slieve Donard, Northern Ireland – 5,390 steps	Sydney Opera House, Australia – 425 steps																		
Scafell Pike, England – 6,180 steps	Clifton Suspension Bridge, England – 490 steps																		
Mount Snowden, Wales – 7,120 steps	The Elizabeth Tower (Big Ben), England – 632 steps																		
Ben Nevis, Scotland – 8,810 steps	Forth Rail Bridge, Scotland – 680 steps																		
Mount Blanc, France – 30,420 steps	BT Tower Birmingham, England – 997 steps																		
Mount Kilimanjaro, Tanzania – 38,680 steps	Blackpool Tower, England – 1,036 steps																		
Mount Everest, Nepal – 58,070 steps	Seattle Space Needle, USA – 1,164 steps																		
The Millennium Dome, England – 320 steps	Canary Wharf Tower, England – 1,600 steps																		
Petronas Twin Towers, Malaysia – 2,860 steps	CN Tower, Toronto, Canada – 2,860 steps																		
<p>Circuit challenge: Organise exercise circuit for family or just siblings e.g 5 minutes running on the spot, 1 minute of star jumps, 20 squats, 20 reps of bean can lifting, 2 minutes jumping on the spot etc. You could exercise differently in different rooms.</p>																			

<p>It's a Strictly Dance off" / Lip Sync Battle Family Style: Have a 30 minute crazy dance off each person chooses a song and everyone has to do the maddest dance to it. You could get other family and friends to take part and video share. Why not sing along to (or pretend to sing to the lyrics) and provide a score for each family member!</p>															
<p>Family Choice: Take it in turns to choose a you tube exercise activity for the family each day and all take part. You could record yourselves and share.</p>															
<p>Mini-Marathon challenge Do a mini marathon by running up and down your garden each day. Measure the distance and record how many times you complete it. Convert the distance to miles see how many you can do over 2 weeks or more. Create a chart to record your achievement each day. You could get friends and family to sponsor you and raise money for charity.</p>															
<p>Family Olympics / "Old Fashioned" Sports Day: Organise a garden Olympics for your family or siblings set up a series of activities for example:-</p> <table border="1" data-bbox="108 884 1295 1429"> <tr> <td>bean bag race collect items to put in bucket (you could swop for balled up socks),</td> <td>Speed-walk around the garden (1 foot has to stay on the floor at all times)</td> </tr> <tr> <td>Mini-gymnastic display</td> <td>Egg and Spoon race</td> </tr> <tr> <td>3 Legged race</td> <td>Hopping on one leg race</td> </tr> <tr> <td>Tunnel Race (place chairs with a gap between them and place a blanket over the top)</td> <td>Slowest walk – whoever comes last comes first!</td> </tr> <tr> <td>Wet sponge race (2 buckets and sponge are needed; give a set amount of time for each competitor)</td> <td>Tin can challenge (empty tins placed in a pyramid – throw a ball to knock them off the table)</td> </tr> <tr> <td>Skipping rope challenges</td> <td>Slalom race dodging around different household items</td> </tr> <tr> <td>Target toss: create a target on the ground and throw or roll a ball into the target. Add points to make it into a competition.</td> <td>Standing long jump: Each child takes a turn at a long jump. Add markers to the floor to measure how far they've jumped, gaining points for each marker reached.</td> </tr> </table>	bean bag race collect items to put in bucket (you could swop for balled up socks),	Speed-walk around the garden (1 foot has to stay on the floor at all times)	Mini-gymnastic display	Egg and Spoon race	3 Legged race	Hopping on one leg race	Tunnel Race (place chairs with a gap between them and place a blanket over the top)	Slowest walk – whoever comes last comes first!	Wet sponge race (2 buckets and sponge are needed; give a set amount of time for each competitor)	Tin can challenge (empty tins placed in a pyramid – throw a ball to knock them off the table)	Skipping rope challenges	Slalom race dodging around different household items	Target toss: create a target on the ground and throw or roll a ball into the target. Add points to make it into a competition.	Standing long jump: Each child takes a turn at a long jump. Add markers to the floor to measure how far they've jumped, gaining points for each marker reached.	
bean bag race collect items to put in bucket (you could swop for balled up socks),	Speed-walk around the garden (1 foot has to stay on the floor at all times)														
Mini-gymnastic display	Egg and Spoon race														
3 Legged race	Hopping on one leg race														
Tunnel Race (place chairs with a gap between them and place a blanket over the top)	Slowest walk – whoever comes last comes first!														
Wet sponge race (2 buckets and sponge are needed; give a set amount of time for each competitor)	Tin can challenge (empty tins placed in a pyramid – throw a ball to knock them off the table)														
Skipping rope challenges	Slalom race dodging around different household items														
Target toss: create a target on the ground and throw or roll a ball into the target. Add points to make it into a competition.	Standing long jump: Each child takes a turn at a long jump. Add markers to the floor to measure how far they've jumped, gaining points for each marker reached.														
<p>Human Mirror Stand face to face; one person leads and the other person acts as a mirror image copying the actions of the first person. Start slowly to warm up your muscles and then add more and more actions.</p> <p><i>Variation (for larger groups).</i> Person A leaves the room; the others choose the person who they will copy. Person A has to work out who is the leader.</p>															
<p>Obstacle course You could place various items around the room / garden and race one another e.g. ball of socks could be thrown up in the air and caught, sit and stand up in a chair without using the arms etc.</p> <p><i>Additional Challenge:</i></p>															

<ul style="list-style-type: none"> - Blindfold the person doing the obstacle challenge or ask them to pretend to be a robot (remember to give really clear instructions!) 	
<p>3D animation (group activity) One at a time, shout out a letter. As a group, create an object that begins with that letter with your body.</p> <p><i>Additional challenge</i> Can you make the object in shadow form using your bodies? You might need to use a torch and a sheet on the wall to do this!</p>	
<p>The Ministry of Silly Walks Imagine going for a walk but on a very different surface. How would you need to walk differently? Some examples could include:-</p> <ul style="list-style-type: none"> - Walking on ice / wet, sticky mud or quicksand / a thick sponge / the moon / a log or fallen tree / trampoline / jelly. 	
Games to help to calm your mind and to cool your body down.	
<p>Ice Sculptures Imagine that you are an ice sculpture standing up straight and tall; you could either be a block of ice or have been frozen in ice. Imagine that the sun comes out and slowly starts to melt you. You could slowly start to melt into a puddle (if you have been a block of ice) or slowly start to move parts of your body as it melts.</p>	
<p>Feeling Tired and Heavy. Start by moving around. One at a time and allowing enough time to do the action, call out a body part concentrate on it becoming tired and heavy until your whole body stops moving.</p>	
<p>Clockwork toys. At the end of a workout, pretend to be wind-up toys. You have just been fully wound up but as your mechanism winds down, you will lose movement until you finally stop. You could apply the same idea to how the day is structured e.g. when do you feel full of energy in the daytime and when do you feel tired?</p>	

Going outside for some exercise and staying safe.

If you are going outside as a family, to have a walk – challenge the family with the following games. Remember: -

- Stay 2m away from anyone that you don't live with (about the height of a professional goal or the length of 2 shopping trolleys).
- Check the Government advice about restrictions to movement.

<p>Daily walk challenge: developing children's observation skills.</p> <ul style="list-style-type: none"> - Human Dodgeball: Challenge children to spot others around them; whoever sees someone first gets the points. Award 1 point if they are in-front of you and 2 points if someone is behind you. You could keep a daily tally and reward the most observant at the end of the week with a small reward. - Car Counting: <ul style="list-style-type: none"> o ask students to choose a colour and try and spot cars that have this colour as they are walking around. 	
---	--

<ul style="list-style-type: none"> ○ Registration numbers. ○ Different types of vehicles (cars / vans / lorries / motorbikes / cyclists). <ul style="list-style-type: none"> - Front Doors: what is the most popular colour front door in the area? - Rating other properties: If you live in an area where there are gardens, which house has the nicest front garden - you could pop a thank you card through their door to say thank you. Or you could count the number of bins you see at the front of someone's houses. - Things put in windows: from teddy bears, eggs, rainbows and flowers, lots of people are putting things in their windows to entertain children. Set them the challenge to see if they can spot these. - Weekly observations: Choose one garden or part of a park: ask children to keep a weekly diary to see what changes have happened in that space from one week to the next (for example trees developing leaves, change of bark colour, flowers or grass growing). - Bird and wildlife watch: see if you can spot different British wildlife and try to identify this later on. - Orienteering: Decide on a length of the walk and using a map of the area (for example Google maps), ask children to work out how far they will need to walk and ask them to navigate their way around the walk. 	
--	--

Daily Challenges!

<p>Categories Paper Version: Write down letters of the alphabet on slips of paper and fold them up (you will draw them later). Write a list of different categories (drinks / animals / somewhere you spend money / items that are frozen / countries). Choose 1 letter from the bag and give yourself a set amount of time to write down as many answers as you can starting with this letter. Every word you choose has to be unique and creative because if another player chooses the same word first, you do not get any points.</p>	
<p>More or Less: What is more – the number of hours in a week or the number of days in any 6 months?</p>	<p>Brainteaser: 1) You are in a cabin and it is pitch black. You have one match on you. Which do you light first, the newspaper, the lamp, the candle, or the fire?</p>
<p>Outdoor games that can be played indoors. Musical Islands Resources needed: some music and markers (for example paper) that can be stood on. What to do: Spread out the markers on the floor space available. While the music is played, you</p>	<p>Think: A question designed to make you think! There are no right or wrong answers. 1) If elephants ruled the world, what changes would we see? 2) Can you have a friend that you really don't like? 3) If you paint over a window – is it still a window?</p>

can move around the sea (space with no markers). When the music stops, they need to find an island to stand on or they are out. Reduce down the number of islands until there is a winner.

4) If I switch the lights off, does the wall change cover?

Quick Quiz (answers below).

- 1) In what arenas do cycling race take place: cyclo-dromes, velodromes or areo-dromes?
- 2) What are flown in their thousands at a festival in Gujarat, India, every January?
- 3) What are the Where's Wally? books called in the USA and Canada?
- 4) In what country was the clothing company Superdry founded in 2003; Japan, UK or China?
- 5) Which animal is seen at the beginning of an MGM film?
- 6) Which Premiership football team's ground is known as the "theatre of dreams"?
- 7) In which city does the setting sun align twice a year with the east-west streets of the main street grid during "Manhattanhenge"?
- 8) In video gaming, what does XP stand for?
- 9) World War 1 ended at 11am on which date in 1918, now called Remembrance Day?
- 10) How many years of her reign did the Queen celebrate her Diamond Jubilee Year?
- 11) Which Olympic sport includes "bunny-hops" and "whoops"?
- 12) In which country was Tutankhamun's tomb discovered in 1922?
- 13) Which age is celebrated in Japan as the start of adulthood on "Coming of Age Day": 15, 18 or 20?
- 14) Which 2012 Steven Spielberg film tells the story of a boy searching for an animal across Europe during World War 1?
- 15) How many kilometres above Earth's sea level does space officially begin: 10km, 50km or 100km?

Pen and Paper Games 1

- **Pen and Paper Pictionary:** choose a category write down a common phrase and fold the paper up. Collect all of the papers and place them in a box or basket. Players take turns choosing a paper and either act out the phrase or draw it on a large piece of paper.
- **Bulls and Cows:** Each player creates a secret numeric sequence of four numbers. Players take turns guessing the number with “Bulls” indicating the correct number of digits in the correct place and “Cows” indicating correct numbers in the wrong position for each guess. The goal is to discover secret sequence in the least number of turns.
- **Hangman:** One player draws gallows with an empty rope and blanks for each letter of a word below it, leaving space to complete the drawing of a hanged man. The other player guesses each missing letter of the word with each incorrect guess resulting in another part of the hanging man’s body – head, torso, two arms and two legs. If the player guesses the word before the hangman is completed, they win. If not, the player who chose the word wins.
- **Close Your Eyes Drawing Game:** Close your eyes and draw a picture. Choose something simple, such as a house, tree, or stick figure person. The other person has to guess what you have drawn.
- **Category Doodling:** Choose a category of something that is simple to draw and see how many variations you can create. Examples are leaves, decorated balls or boxes, circles with designs, hearts, flowers, or drink glasses.
- **Noughts and Crosses (also known as tic-tac-toe)**
- **Dot and Box Game:** Two or more players take turns with different coloured pens or pencils drawing lines between dots. The goal is to complete a box while preventing the other player from doing so. When a block is completed by a player, they write their initials inside and draw another line. When all of the dots are connected, the person with the most completed blocks wins.
- **Battleships** Players begin by drawing two grids with ten vertical and ten horizontal lines on two separate sheets of paper. The horizontal side is lettered and the vertical side numbered. On one sheet, each player draws rectangles representing a fleet of ships without letting the other player see their location. On the other grid, hits are marked with an X and misses with an O. The ships must take adjacent squares vertically, horizontally, or diagonally. Each player’s fleet consists of the following:
 - o 1 aircraft carrier covering five squares
 - o 1 battleship covering four squares
 - o 1 cruiser covering three squares
 - o 2 destroyers covering two squares each
 - o 2 submarines covering one square each
- Players take turns firing a salvo of seven shots, calling out guessed locations of the other player’s ships, example F6, G9, etc. An opponent must state the number of hits and the type of ship, but not which shots were hits and which misses. Once all the squares of a ship are discovered, a player must say, “You sank my battleship (cruiser, destroyer, etc).” Each time a player loses a ship, the salvo is reduced by one shot. The goal is to sink all of an opponent’s ships to win the game.
- **Connect 4 Paper:** Simply draw ten lines horizontally and vertically to create twenty squares. Then take turns drawing circles in an attempt to get four in a row. Once the bottom row is filled, players must “drop” their circles on top of another. Players can either mark the circles with their initials or use X and O. The first to get four in a row wins.

Answers:-		
1) Velodromes	2) Kites	3) Where's Waldo?
4) UK	5) A lion	6) Manchester United FC (Old Trafford).
7) New York	8) Experience or experience points.	9) 11th November (11th hour, 11th day, 11th month)
10) 60	11) BMX (Bicycle Motocross).	12) Egypt
13) 20	14) War Horse	15) 100 Km (or 63 miles)
More or Less: On average there are 30 days in a month, so $6 \times 30 = 180$; more than the number of hours in a week which is 168 hours.		Brainteaser: 1. You light the match first.