

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

#### (I have 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.

Remember there are also lots of ideas on <https://www.healthysandwell.co.uk/> or <https://www.activeblackcountry.co.uk/get-active/coronavirus-keeping-active-at-home/> for your family!

Idea	I have had a go at this!
<p><b>Staying Fit Online:</b>  <b>Lots of people want to help you to stay fit. How about following one of these workouts?</b></p> <ul style="list-style-type: none"> <li>- Change for Life (includes healthy eating recipes to!) <a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></li> <li>- P.E with Joe / Body Coach TV (You tube)</li> <li>- Stay at home football coaching (You-tube)</li> <li>- Oti Mabuse official channel: kids dance classes (You tube)</li> <li>- DDMix (Facebook)</li> <li>- If you have a skipping rope and some outside space: Free skipping skills, challenges and workout plans and tricks for all ages and abilities <a href="https://www.jumpruk.com/at-home-resources/">https://www.jumpruk.com/at-home-resources/</a></li> <li>- Skip 2B Fit Daily Challenge Daily Challenge: <a href="https://www.youtube.com/user/skip2bfitjohn">https://www.youtube.com/user/skip2bfitjohn</a></li> <li>- Have fun learning to Bangra Dance: <a href="https://www.youtube.com/channel/UCKuYMGdJ4hJCPGtSMTBsVw/videos">https://www.youtube.com/channel/UCKuYMGdJ4hJCPGtSMTBsVw/videos</a></li> <li>- Jump Rope UK: <a href="https://www.jumpruk.com/at-home-resources/">https://www.jumpruk.com/at-home-resources/</a></li> <li>- Traditional Fitness Videos: <a href="https://www.fitnessblender.com/">https://www.fitnessblender.com/</a></li> <li>- Sports England: <a href="https://www.sportengland.org/stayinworkout">https://www.sportengland.org/stayinworkout</a></li> <li>- This Girl Can: <a href="https://www.thisgirlcan.co.uk/activities/home-exercise/">https://www.thisgirlcan.co.uk/activities/home-exercise/</a></li> <li>- NHS 10 Minute Fitness Activities: <a href="https://www.nhs.uk/live-well/exercise/10-minute-workouts/">https://www.nhs.uk/live-well/exercise/10-minute-workouts/</a></li> <li>- NHS Gym Free Workouts: <a href="https://www.nhs.uk/live-well/exercise/gym-free-workouts/">https://www.nhs.uk/live-well/exercise/gym-free-workouts/</a></li> <li>- Go Noodle Youtube Channel: <a href="https://www.youtube.com/user/GoNoodleGames">https://www.youtube.com/user/GoNoodleGames</a></li> <li>- This Girl Can Can Disney Dances: <a href="https://www.thisgirlcan.co.uk/activities/disney-workouts/">https://www.thisgirlcan.co.uk/activities/disney-workouts/</a></li> <li>- Change For Life Disney Workouts: <a href="https://www.nhs.uk/change4life/activities/indoor-activities">https://www.nhs.uk/change4life/activities/indoor-activities</a></li> <li>- Youth Sport 60 Second Challenge: <a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a></li> </ul>	

<ul style="list-style-type: none"> <li>- PE Home-learning Activities: <a href="https://www.youthsporttrust.org/pe-home-learning">https://www.youthsporttrust.org/pe-home-learning</a></li> <li>- PE Active Breaks: <a href="https://www.youthsporttrust.org/active-breaks">https://www.youthsporttrust.org/active-breaks</a></li> <li>- BBC Super Movers: <a href="https://www.bbc.co.uk/teach/super movers">https://www.bbc.co.uk/teach/super movers</a></li> <li>- Cosmic Kids Yoga: <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a></li> <li>- Healthy Futures Active Monopoly: <a href="https://twitter.com/HealthyFutures1/status/1242043619541950464">https://twitter.com/HealthyFutures1/status/1242043619541950464</a></li> <li>- The 5 Minute Move (for 11 plus): <a href="https://www.youtube.com/playlist?list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c">https://www.youtube.com/playlist?list=PLyCLOpd4VxBuxu3sLztrvWFehzv-LnR2c</a></li> <li>- Burn2Learn (Early Years resource): <a href="https://www.youtube.com/channel/UCRgvGtLj59eHtOL7YyTv5w/featured">https://www.youtube.com/channel/UCRgvGtLj59eHtOL7YyTv5w/featured</a></li> <li>- Premier League Primary Stars: <a href="https://plprimarystars.com/news/home-learning-activities-school-closures">https://plprimarystars.com/news/home-learning-activities-school-closures</a></li> </ul>	
<p><b>Accessible Activities for Disabled children</b> <a href="https://www.youthsporttrust.org/60-second-physical-activity-challenges">https://www.youthsporttrust.org/60-second-physical-activity-challenges</a></p>	
<p><b>Have fun and Move More Games (no/limited screen time)</b></p>	
<p><b>Ball Bearings:</b> 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><b>Simon Says:</b> 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><b>I'm magic!</b> 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><b>Action Orchestra</b> 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><i>Additional Challenge</i> You could use Peter and the Wolf during this: Peter and the Wolf is a piece of music used to teach the sounds of the orchestra. <a href="https://www.youtube.com/watch?v=MfM7Y9Pcdzw">https://www.youtube.com/watch?v=MfM7Y9Pcdzw</a></p>	

<p><b>Did you know:</b> In Birmingham has one of the top 10 best places to listen to music in the world called the Symphony Hall. You can find some of their online concerts here: <a href="https://www.thsh.co.uk/whats-on/season/watch-party">https://www.thsh.co.uk/whats-on/season/watch-party</a></p>																			
<p><b>Move to the Beat.</b> 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><b>Cat and Mouse</b> 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><b>Whole Body: Paper, Scissors, Rock</b> 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><b>Human Remote Control</b> 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><b>Musical Statutes</b> 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><b>Indoor Scavenger Hunt</b> 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><b>Family “climb to the top of the mountain” Challenge.</b> 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="108 1541 1284 1912"> <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> <p><a href="https://www.nhsggc.org.uk/media/213470/haw_challenge_stair_climb.pdf">https://www.nhsggc.org.uk/media/213470/haw_challenge_stair_climb.pdf</a> has a great tally sheet for your family.</p>	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	
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<p><b>Circuit challenge:</b> 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><b>It's a Strictly Dance off" / Lip Sync Battle Family Style:</b> 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><b>Family Choice:</b> 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><b>Mini-Marathon challenge</b> 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><b>Family Olympics / "Old Fashioned" Sports Day:</b> Organise a garden Olympics for your family or siblings set up a series of activities for example:-</p> <table border="1" data-bbox="108 1111 1299 1653"> <tr> <td><b>bean bag race</b> collect items to put in bucket (you could swap for balled up socks),</td> <td><b>Speed-walk</b> around the garden (1 foot has to stay on the floor at all times)</td> </tr> <tr> <td><b>Mini-gymnastic display</b></td> <td><b>Egg and Spoon race</b></td> </tr> <tr> <td><b>3 Legged race</b></td> <td><b>Hopping</b> on one leg race</td> </tr> <tr> <td><b>Tunnel Race</b> (place chairs with a gap between them and place a blanket over the top)</td> <td><b>Slowest walk</b> – whoever comes last comes first!</td> </tr> <tr> <td><b>Wet sponge race</b> (2 buckets and sponge are needed; give a set amount of time for each competitor)</td> <td><b>Tin can challenge</b> (empty tins placed in a pyramid – throw a ball to knock them off the table)</td> </tr> <tr> <td><b>Skipping rope</b> challenges</td> <td><b>Slalom race</b> dodging around different household items</td> </tr> <tr> <td><b>Target toss:</b> 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><b>Standing long jump:</b> 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>	<b>bean bag race</b> collect items to put in bucket (you could swap for balled up socks),	<b>Speed-walk</b> around the garden (1 foot has to stay on the floor at all times)	<b>Mini-gymnastic display</b>	<b>Egg and Spoon race</b>	<b>3 Legged race</b>	<b>Hopping</b> on one leg race	<b>Tunnel Race</b> (place chairs with a gap between them and place a blanket over the top)	<b>Slowest walk</b> – whoever comes last comes first!	<b>Wet sponge race</b> (2 buckets and sponge are needed; give a set amount of time for each competitor)	<b>Tin can challenge</b> (empty tins placed in a pyramid – throw a ball to knock them off the table)	<b>Skipping rope</b> challenges	<b>Slalom race</b> dodging around different household items	<b>Target toss:</b> create a target on the ground and throw or roll a ball into the target. Add points to make it into a competition.	<b>Standing long jump:</b> 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.	
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<p><b>Minute to Win It Games</b> Lots of quick challenge games with everyday household items: <a href="https://www.playpartyplan.com/minute-to-win-it-games-for-kids/">https://www.playpartyplan.com/minute-to-win-it-games-for-kids/</a></p>															
<p><b>Human Mirror</b> 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><b>Obstacle course</b> 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"> <li>- Blindfold the person doing the obstacle challenge or ask them to pretend to be a robot (remember to give really clear instructions!)</li> </ul>	
<p><b>3D animation (group activity)</b> 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><b>The Ministry of Silly Walks</b> 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"> <li>- Walking on ice / wet, sticky mud or quicksand / a thick sponge / the moon / a log or fallen tree / trampoline / jelly.</li> </ul>	
<b>Games to help to calm your mind and to cool your body down.</b>	
<p><b>Ice Sculptures</b> 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><b>Feeling Tired and Heavy.</b> 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><b>Clockwork toys.</b> 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.

#### Daily walk challenge: developing children's observation skills.

- **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:**
  - o ask students to choose a colour and try and spot cars that have this colour as they are walking around.
  - o Registration numbers.
  - o Different types of vehicles (cars / vans / lorries / motorbikes / cyclists).
- **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.