



Guide for keeping active

Here is a list of websites that might help with ideas you and your children keep active at home during this challenging time.



change 4 life

Change for Life

<https://www.nhs.uk/change4life/activities/indoor-activities>



Davies Sports

<https://www.daviesports.co.uk/blog/lesson-ideas/>



Greenacre Sports Partnership

<http://www.sflt.org.uk/gsp/welcome-greenacre-sports-partnership/active-at-home/>



THE BODYCOACH TV
> New HIIT workouts every week

Joe Wicks - youtube

Weekday workouts live at 9am

<https://www.youtube.com/user/thebodycoach1/featured>



THIS
GIRL
CAN

This Girl Can

Disney dance along videos.

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>



Youth Sport Trust

Some excellent activity cards for active games to play at home.

<https://www.youthsporttrust.org/pe-home-learning>



LTA - Tennis For Britain

<https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/#>

Physical Activity Bingo



YOUTH
SPORT
TRUST



Believing in
every child's
future

Jump on the spot 50 times	Play musical statues	Ride a bike or scooter	Balance on 1 leg for 60 seconds	Jump over a pillow 40 times	Play hide and seek
Hop on the spot for 60 seconds (Swap legs)	Balance in a plank position for 60 seconds	Pass a ball around your waist 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete 20 shuttle runs	Skip for 2 minutes	Dribble a ball with your hands in and out of objects	Perform 40 squat jumps	Create and complete an obstacle course	Throw an object into a target 10 times in a row
Dribble a ball with your feet in and out of objects	Perform 40 squat jumps	Throw and catch a ball against a wall or with a sibling	Walk up and down 250 steps	Perform 30 burpees	Play a sport with a sibling, parent or carer
Perform 30 push ups	Create and perform a dance routine	Perform a 5 minute fitness workout	Perform 40 sit ups	Create and perform a gymnastics routine	Invent and play a new sport

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue circles in less than 60 seconds?
- If you are finding some of the activities hard, have a rest and then continue.
- When performing the activities make sure that you are **honest**.

Achieve Gold

Complete all the activities on the card



Achieve Silver

Complete a horizontal or vertical line of activities



Achieve Bronze

Complete one activity from each line

