



## **‘Let’s keep busy’ Healthy Mind and Body: physical activity and creative ideas**

Dance/Movement/Fitness/Fun/Learning

**BBC SuperMovers:**

**Fun dance/movement videos with some of your favourite CBeebies/CBBC and other well known characters**

<https://www.bbc.co.uk/teach/supermovers>

<https://www.bbc.co.uk/teach/supermovers/times-table-collection/z4vv6v4>

**GoNoodle:**

**‘Getting Kids moving so they can be their best’**

<https://www.gonoodle.com/>

Why not learn (or improve) a skill; ‘My Personal Best’

There are lots of online video tutorials; why not learn to Hula-hoop, Juggle (2, 3 or more balls/objects), do Keepy-uppys (football or other ball/object), Skipping challenges



Try and improve your personal best. Practice a little every day.

Can you keep going for 1, 20, 30 seconds? How many can you do in 10, 30, 60 seconds?



**School Games Challenges:** these games/challenges could be adapted for all the family to play and with the equipment you have available

<https://www.yourschoolgames.com/app/play-formats/11/> Spot Bucket Hoop

<https://www.yourschoolgames.com/app/play-formats/4/> Keepy uppy

<https://www.yourschoolgames.com/app/play-formats/50/> Reaction Challenge

<https://www.yourschoolgames.com/app/play-formats/51/> Rebound

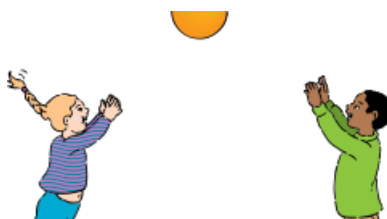
<https://www.yourschoolgames.com/app/play-formats/8/> Scavenger Hunt

### Garden Games

These are just a few suggestions of games that could be played in the garden. You can find lots of catching games and challenges online.



Garden Boule



Catching games



Frisbee catch

- **Jo Wicks 'The Body Coach' workouts on you tube** – *He has some brilliant sessions aimed at kids and safe for all the family.*

**Eg:**

<https://www.youtube.com/watch?v=0xE3CppbVeA>

[https://www.youtube.com/watch?v=TUp2\\_VAHlrI](https://www.youtube.com/watch?v=TUp2_VAHlrI)

<https://www.youtube.com/watch?v=xLHA5g-82vY>

## **Creative Minds: challenge yourself**

### **Illustration tutorial: Rob Biddulph**

Rob Biddulph is a children's author and illustrator. Rob is posting daily online tutorials for children (and adults) to learn how to draw some of his favourite characters, including Gregasuras and Sausage Dog.

<http://www.robbiddulph.com/draw-with-rob>

### **Junior Bake Off**

#### **Fun recipes and challenges**

<https://www.bbc.co.uk/cbbc/shows/junior-bake-off>

### **Horrible Histories**

#### **Do you know The Monarchs' Song from start to finish?**

Horrible Histories superfans often brag about knowing 'The Monarchs' Song' off by heart... well, now is your time to prove it! How many tries will it take you to get all the way to Queen Elizabeth II?

<https://www.bbc.co.uk/cbbc/quizzes/the-monarchs-song-kings-and-queens-quiz>

#### **Wildlife Challenge: How many different birds can you spot and identify in the garden?**

Can you spot any birds (or wildlife) that you have never seen before?

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>

#### **Garden Minibeast Hunt: How many can you find and identify?**

<https://www.woodlandtrust.org.uk/blog/2019/04/minibeast-hunt/>

#### **100 Best Books to read before you're 14: books for all ages**

<https://www.booktrust.org.uk/books-and-reading/our-recommendations/100-best-books/>





Keeping kids and families active during COVID-19 virus isolation





**Physical and Mental well-being is so important to us all.  
Here are some fun & simple ideas to get children and adults  
'up and active' in keeping fit and healthy during their time  
not in school.**

**We hope you enjoy having a go at some of these activities.**

**Dartmoor School Sport Partnership team**

## Physical activity Score card – Keeping kids and families active during isolation

Activity	Picture of how do the activity	Score	Score	Score	Score	Score	Score
<b>Press up</b> How many press ups can you do in a row without stopping (choose your level)							
<b>Burpees</b> How many burpees can you do in a row?							
<b>Sit ups</b> How many sit ups can you do in a minute							
<b>Skiping with a rope</b> how many skips can you do in a minute							
<b>Wall sits easy</b> how long can you sit against the wall, without moving							
<b>Plank</b> Can you hold the plank 30 seconds easy 40 seconds medium 60 seconds hard							
<b>Squats</b> Choose a level EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds							

<b>Scissor kicks</b>  Choose one of the levels for the scissor kicks;  EASY – 20 seconds  MEDIUM – 40 seconds  HARD – 1 minute							
<b>Lunges</b>  Choose a level  EASY – 30 seconds  MEDIUM – 45 seconds  HARD – 60 seconds							
<b>Spiderman plank</b>  EASY – 30 seconds  MEDIUM – 45 seconds  HARD – 60 seconds							
<b>Side lunges</b>  EASY – 30 seconds  MEDIUM – 45 seconds  HARD – 60 seconds							

## Other Physical Activities to try at home

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

Sport England have produced tons of resources to help keep you active, over this time of isolation

- **GoNoodle**

[www.gonoodle.com](http://www.gonoodle.com) fun dance moves and active games online. Free to subscribe – tons of fun activities which the children will be familiar with as many schools use this site for brain breaks and wet play.

- **Jo Wicks ‘The Body Coach’ workouts on you tube –** *He has some brilliant sessions aimed at kids and safe for all the family.*

**Eg:**

<https://www.youtube.com/watch?v=0xE3CpbVeA>

[https://www.youtube.com/watch?v=TUp2\\_VAHlrI](https://www.youtube.com/watch?v=TUp2_VAHlrI)

<https://www.youtube.com/watch?v=xLHA5g-82vY>

- **NHS 10 minute workouts**

- **Set an Indoor scavenger hunt**

Find the following items in your house. Use a phone or tablet to take pictures of the following items. How quickly can you find all the items?

1. Something beginning with the letter C
2. Something red
3. A family photo
4. A spoon
5. A picture of someone doing a yoga pose
6. Happy faces
7. Something beginning with the letter O
8. Something that makes a noise when shaken
9. Something beginning with R
10. Something soft
11. Something white
12. Something with two hands and a face but has no arms or legs
13. A group balance, where all of you are touching each other, no one can do the same balance
14. Someone doing the floss
15. Something plastic
16. Something hard

- **Set some Personal challenges!**

***1. Stork balance***



How long can you balance on one leg.

Now do the do the same balance but close your eyes.

Can you beat your score? Who in the family can hold this balance the longest?

***2. Plank challenge***

Who can hold the following plank poses for the longest?



### 3. Football Keep ups & Freestyle challenges

<https://www.youtube.com/watch?v=vnfg1u7tX5o>

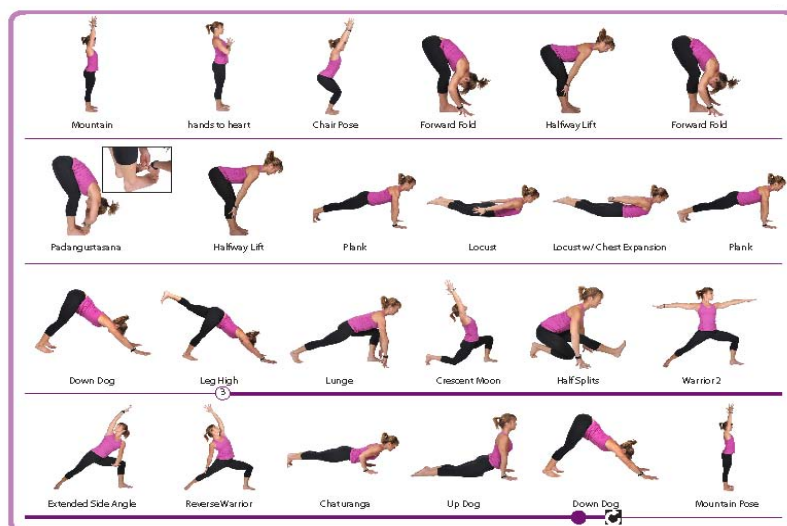
<https://www.youtube.com/watch?v=J3-h3MV0yNw>



- **Yoga exercises**

Try holding these yoga poses.

If you like these poses below, try finding more on line.



There are some brilliant resources online too that would be good to include:

<https://www.unicefkidpower.org/fun-sports-activities-games-resources-kids/>

<https://www.sportsrec.com/5185418/indoor-sports-activities-for-kids>

<https://kids.guinnessworldrecords.com/activities/try-this-at-home-backyard>

<https://www.verywellfamily.com/active-play-4157315>

<https://www.homeschooling-ideas.com/kids-sports-activities.html>

<https://www.homeschooling-ideas.com/homeschool-pe.html>



<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

plus loads of stuff on youtube eg:

<https://www.youtube.com/watch?v=WmGjxU3Ggko>

[https://www.youtube.com/watch?v=o8uTdn\\_zkok](https://www.youtube.com/watch?v=o8uTdn_zkok)

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

<https://www.youtube.com/watch?v=8y6bIbr-Hn0>

***Plus.....we are sure you have tons of ideas yourselves!***

Stay Healthy, Keep Active and we look forward to seeing you all very soon and hearing all about the fun you have had at home staying active!

Dartmoor School Sport Partnership team