

## Things to Stay Active!

*If you are at home and wanting to stay active, here are some good ideas to keep fit and healthy!*

### **Joe Wicks Workouts**

You can find these by going onto Youtube and typing in 'Joe Wicks Classroom Workouts.'  
They are all free!



### **Just Dance**

You can find these on Youtube and again they are all free!



### **Super movers**

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

They have lots of free songs and dances on here for KS1 and KS2



### **Yoga for Kids**

<https://www.youtube.com/watch?v=X655B4ISakg>



### **Dancing**

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

# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   |   |   |
| Spin around in circles.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Do a cartwheel.   | Hop on your right foot 10 times.  | Pretend to shoot a basketball 10 times.   |
| Do a somersault.  | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Wave your arms above your head.   | Balance on your left foot for a count of 10.  | Pretend to ride a horse.  |
| Walk like a bear on all 4s.   | Balance on your right foot for a count of 10.   | Pretend to milk a cow.  |
| Walk like a crab.   | Bend down and touch your toes 10 times.   | Take 5 of the biggest steps forward that you can.   |
| Hop like a frog.  | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Walk on your knees.   | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
| Lay on your back & pedal your legs in the air like you are on a bike.               |   | Scream.   |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. |   |   |



**Finish**



Do eight sit ups.



Your laces are untied! Go back to Start.

Crab walk AND sing Alphabet Song.



You're full of energy! Take another turn.



Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!



Jump from side to side as you count to 30.



Count to 30 while you run in place.



Oh no! You stopped to watch TV. Go back.

Balance on one leg for 15 seconds.



Oh no! You're out of breath! Lose a turn.

Head, shoulders, knees, toes: nine times.

Super Skip Move Ahead



You had a great warm up! Move ahead 3.



Warm up by doing 10 jumping jacks.



**Start**

# Keep It Moving!

Created by Andrea Thorpe  
www.embracinghim.com

## Rules for play

- 1) Roll the die.
- 2) Move the number of spaces on the die.
- 3) When you land on a space with written directions, follow them.
- 4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.

### **General ways to stay active:**

Star jumps

Sit ups

Running on the spot

Running round the garden if you have one – timed laps?

Walk, run or bike ride outside away from others

Setting up an obstacle course (inside or outside)

Table top press ups

Weight lifting – use anything in your house!

### **Other websites with ideas:**

<https://www.gonoodle.com/blog/gonoodle-games-movement-app-for-kids/>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.nhs.uk/live-well/exercise/get-active-your-way/?tabname=fitness-guides>

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

<https://www.youtube.com/channel/UCVcQH8A634mauPrGbWs7QIQ>

If you have a garden: <https://www.nhs.uk/change4life/activities/accessible-activities>