



## 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

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

