

ACTIVITY FROM BIRTH TO 5YRS

Once children start walking they should be active for at least 180 minutes every day (3 hours). The 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity. All movement counts. The more the better! Kids enjoy being active more when the whole family join in.

Lighter activity	Active play (moderate)	More energetic activity (vigorous)
Standing up	Riding bikes/scooters	Running
Moving around	Climbing on climbing frames	Jumping
Helping with household tasks	Playing in water	Skipping
Songs with actions	Chasing	Hopping
Walking	Ball games	Dancing
		Swimming

The more vigorous activities should make your child:

P – pulse rate faster

O – out of breath

W - warmer

Other activities

- Tummy time
- Playing with blocks and other objects
- Messy play
- Playground activities
- Climbing
- Active play, like hide and seek
- Throwing and catching
- Scooting
- Riding a bike
- Soft play
- Walk on pillows
- Balance beam
- Trampolining
- Balance Bike
- Tag
- Hopscotch
- Outdoor activities, walks in the woods etc
- Animal walk – trip to the zoo
- Musical islands
- Bear hunt – activities based on the famous story
- Bean bag throwing
- Bean bag balance on head
- Puddle jumping
- Change4life 10 min shake ups
- Keep the balloon up
- Trip to the park
- Climbing anything
- Simon says
- What time is it Mr Wolf?
- Circuits/Olympic hot spot challenge
- Wheels on the bus
- Obstacle courses

ACTIVITY IN 5YRS – 18 YRS

At least 1 hour every day

P – Pulse (faster)

O – out of breath

W – warmer

MODERATE ACTIVITY
Playing in the playground
Swinging from play equipment bars
Walking (including walking the dog!)
Riding scooter
Cycling - flat ground
Rollerblading/Rollerskating
Tree or rope climbing
Tug of war
Hopsctotch
Push ups/sit ups
Rockclimbing/climbing wall
Resistance exercises with exercise bands, weight machines, and handheld weights
Shot putt
Javelin
Hammer
Long jump
High jump

VIGOROUS ACTIVITY
Skipping with a rope
Energetic dancing
Swimming
Cycling – hilly ground/mountain biking
Running
Gymnastics
Martial arts
Football
Rugby
Netball
Tennis
Badminton
Hurdles
Zumba
Basketball
Handball
Dodgeball
Circuits/HIIT
Spinning (classes)

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

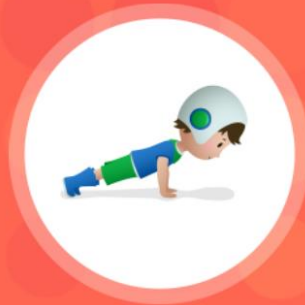
March in place lifting your knees as high as you can and stomping the ground as hard as you can!



1. Jumping Jacks



2. Wall Sit



3. Push-ups



4. Abdominal Crunch



5. Step up onto Chair



6. Squat



7. Tricep dips on a chair



8. Plank



9. High knees running



10. Lunge



11. Push-ups with rotation



12. Side plank

Kids HIIT workout on Youtube



Body Coach Joe Wicks



DAILY FAMILY CHALLENGES

Please ensure for any activity that you supervise your child. Ensure exercise is completed safely. Ensure all equipment/resources you may use are in good condition and you follow manufacturer's guidelines.



what's your name? Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

OBSTACLE COURSE



- Can you find objects and toys around your home or garden to set up an obstacle course?
- This is a great way to challenge your balance and coordination

ROLL FOR FITNESS

- Roll a dice, depending on which number this lands on; complete the exercise shown in the picture for 30 seconds or complete the exercise shown
- You could take it in turns with a family member to see who can roll all numbers and complete all of the exercises first!



FIT BINGO



<p>5 Jumping Jacks</p> 	<p>5 Wall Press Ups</p> 	<p>5 Squats</p> 	<p>10 Steps Heel Walking</p> 
<p>5 Sit Ups</p> 	<p>10 Second Single leg stand</p> 	<p>5 Long Jumps</p> 	<p>10 Crab Walk</p> 
<p>5 Walk Outs</p> 	<p>10 Arm Circles</p> 	<p>10 Triangles</p> 	<p>10 Mountain Climbers</p> 
<p>10 Flutter Kicks</p> 	<p>5 Lunges (each leg)</p> 	<p>10 Steps Tip toe walking</p> 	<p>10 Second Plank Hold</p> 

You will need a sheet per player, max 4 players and a set of squares per player.

Place squares into a bag or box.

One at a time, pick out one square from the bag and complete the exercise. Once you have completed the exercise, you can place the square over the same exercise on the full sheet.

If you pick out an exercise you have already done, put it back and pick another one.

Once your sheet is full, shout **BINGO! YOU** are the **winner!**

Have a race with family members to see who can shout BINGO first.



HEADS OR TAILS?



1

20 Jumping Jacks



10 Burpees



2

15 Sit to stands



10 Lunges



3

10 Seconds Plank hold



20 Side steps



4

5 Walk outs



10 Crab Walking



5

10 Tuck Jumps



10 Mountain Climbers



Flip a coin 5 times, if it lands on heads; pick an exercise to complete from the heads column. If it is lands on tails, pick an exercise to complete from the tails column. See if you can complete all the exercises.

Compete with family members to see who can complete 5 coin flips first.

ANITMAI

Spell out your full name and complete each yoga pose listed for each letter.

Hold each one for 10 seconds.

Include your middle name & do each one twice!

You could also try to do your favourite character's name or family member.

A: Armadillo



B: Butterfly



C: Cat and Cow



D: Downward facing dog



E: Eagle



F: Frog



G: Gorilla



H: Horse



I: Iguana



J: Jaguar



K: Kangaroo



L: Lion



M: Mouse



N: Narwhal



O: Otter



P: Peacock



Q: Quail



R: Rainbow fish



S: Swan



T: T-Rex



U: Umbrella bird



V: Vulture



W: Whale (wild thing)



X: X ray fish



Y: Yak



Z: Zebra



Physical activity websites

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/?tabname=fitness-guides>

<https://www.parkrun.org.uk/>

<https://www.walkingforhealth.org.uk>

<https://www.walking-routes.co.uk>

<https://bhfactive.org.uk>

<https://paha.org.uk>

www.rcgp.org.uk

www.activeforlife.com

www.teachingideas.co.uk/subjects/games

www.nhs.uk/change4life

Cosmic Kids Yoga on YouTube

GoNoodle – free on line resource

Also check out local activities from your council.