



www.time4sportUK.com

HOME ACTIVITY PACK WEEK

4



Providing a Fitter, Healthier & Happier future!

FREE RESOURCES Due to school closures [Time 4 Sport](http://Time4Sport) are supporting everyone with the opportunity to access a variety of PE, PA, and sports content. Sending out a brand new Home Activity Pack every week! Encouraging children/families to be fitter, healthier and happier.

SCROLL DOWN for loads of different ideas for playing at home.

We at Time 4 Sport will also be uploading a daily #T4Schallenge on our social media channels. Please take time to like, follow and subscribe now, so you see these updates on your feeds.

www.facebook.com/time4sportuk

www.twitter.com/time4sportuk

www.instagram.com/time4sportuk

[Youtube Link](#)

Change 4 Life :



Start making healthier changes today!

Here are a few things to get you started, just click the green links:

- sign up and [join Change4Life](#)
- download the [Food Scanner app on Google Play](#) or [Food Scanner app on the App Store](#)
- browse [our recipes](#)
- play one of our [10 Minute Shake Up games](#)
- learn how to [make a sugar swap](#)

A GOOD WAY TO ENSURE YOU STAY FIT AND HEALTHY IS TO KEEP A RECORD OF WHAT YOU EAT, DRINK & HOW MUCH EXERISE YOU DO.SEE BELOW THE FOOD & FITNESS LOG! IT IS RECOMMEDED CHILDREN DO 60 MINUTES OF EXERCISE A DAY AND 30 X 5 FOR ADULTS. SEE THE SPECIFIC GUIDELINES HERE: [0-5](#), [5-18](#), [19-65](#) & [65+](#).

Food & Fitness Log

Week of	Breakfast 	Lunch 	Dinner 	Snacks 	Cups of Water 	Minutes of Activity 
Sun						
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						

RECEPTION

CLICK THE LINKS FOR SOME GREAT VIDEO BASED IDEAS.

DANCE

Around the World

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

FITNESS

Soccer

https://www.youtube.com/watch?v=_KlzOXtv_JY

YOGA

Disco

<https://www.youtube.com/watch?v=PSgZl8f5leU>

Yr1:

DANCE

Dragon Dance

<https://www.youtube.com/watch?v=9FhhQ-0Ao2Q>

FITNESS

Marvel Workout

<https://www.youtube.com/watch?v=uYi1kyMeFHQ>

YOGA

Super Power

<https://www.youtube.com/watch?v=jj9zpRAPIuI>

Yr2:

DANCE

What does the Fox say?

https://www.youtube.com/watch?v=drWHI-l_Gew

FITNESS

Spiderman

https://www.youtube.com/watch?v=YC_V8hnU2PY

YOGA

The Detective

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

Yr3:

DANCE

Robot Dance

<https://www.youtube.com/watch?v=B-ulfVFtFBs>

FITNESS

Short Blast

<https://www.youtube.com/watch?v=oc4QS2USKmk&feature=youtu.be>

YOGA

Zen Den

<https://www.youtube.com/watch?v=b5LLfdhGekA>

Yr4:

DANCE

Pilot Workout

<https://www.youtube.com/watch?v=7GkiHHYoHa4>

FITNESS

Full Hit workout.

<https://www.youtube.com/watch?v=lc1Ag9m7XQo&feature=youtu.be>

YOGA

Yes you can Yoga.

<https://www.youtube.com/watch?v=jzYtNWjQiK0>

Yr5:

DANCE

Dynamite

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

FITNESS

Pre Teens

<https://www.youtube.com/watch?v=rUNH25qaEyM>

YOGA

Popcorn

<https://www.youtube.com/watch?v=YR10xBk8BF4>

Yr6:

DANCE

Old Town Road

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

FITNESS

The Bear

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

YOGA

Mind Yoga

<https://www.youtube.com/watch?v=JTb1XgZ3x-w>

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FAMILY FITNESS CARDS

Great physical activity challenge cards for all the families.

[Greenacre Sports Partnership Cards](#)

[Wow Activity Cards](#)

OTHER ADDITIONAL LINKS:

Joe Wicks Work out. Every weekday morning at 9am the body coach will be hosting a live workout session for children on his YouTube Channel. [Click Here.](#)

[Olympics FREE Get Set Activities](#)

[Yorkshire Live PE x 3 times a week!](#)

[Cycling Activities](#)

[Active Maths & English Free Trials](#)

[Twinkl/Joe Wicks Move Videos](#)

[Reception-Year 2 Move More Activity Challenges](#)

[Year 3 – Year 6 Move More Activity Challenges](#)

[100 Activities to do indoors](#)

[Forest School Activities](#)

[Ball Games](#)

[10 Tig Games](#)

[Indoor Energy Games](#)

[Sesame Street Activities](#)

[Year 1 & 2 Cross Curricular Super Movers](#)

[Year 3, 4, 5 & 6 Cross Curricular Super Movers](#)

[Youth Sport Trust Free Home Resources.](#)

[Go Noodle Activity Channel](#)

FAMILY ACTIVITIES

FITNESS SNAKES AND LADDERS

FITNESS SNAKES AND LADDERS						
START	1 5 push ups	2 10 arm circles	3 15 jumping jacks	4 using rolled up socks or a ball, toss & catch with a partner 10 times	5 25 second jog in place	6 5 burpees
7 10 squats	8 10 high knees	9 10 plank	10 11 shoulder taps	11 12 15 mountain climbers	12 13 20 second standing toe touch	14 15 jump side to side 20 times
16 kick a ball or rolled up socks to a partner 10 times	17 20 star jumps	18 30 jumping jacks	19 20 second plank	20 kick a ball or rolled up socks to a target 5 times	21 20 mountain climbers	22 sit and reach, each leg for 10 seconds
23 24 30 second jog in place	25 26 15 jumping jacks	27 balance on one foot for 10 seconds	28 10 crunches	29 7 push ups	30 20 second plank	31 5 mountain climbers
32 jump fast 10 times	33 FINISH					

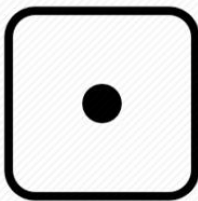


SUPERHERO DICE FITNESS

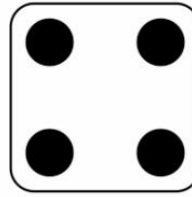


To be **HEALTHY** for a lifetime, it's important to get 60 Minutes of physical activity every day!

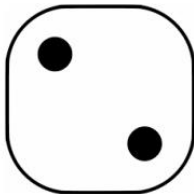
Play Super Hero Dice Fitness every day. Roll the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exercise and increase the number of repetitions you do every day for each exercise.



CURL-UPS



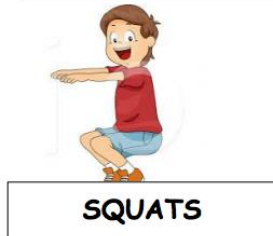
JUMPING JACKS



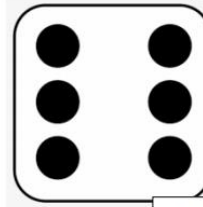
PUSH-UPS



CRAB KICKS



SQUATS



PRETEND JUMP ROPE

MONOPOLY FITNESS



DIRECTIONS

- Each player find a different coin to use as a game piece.
- Roll the dice, move your game piece and complete each activity.
- When you pass go give yourself 1 point.
- Good luck and have FUN!

Water Break 		30 Seconds High Knees Cardio	30 Seconds Push-up Hold Muscular Endurance	10 Seconds Of Deep Breaths  Cardio	15 Squat Jumps Muscular Strength	30 Seconds Of Straddle Stretch  Flexibility	25 Jumping Jacks  Cardio	30 Seconds Plank Hold Muscular Endurance	10 Seconds Of Deep Breaths  Muscular Strength	Collect One Point As You Pass GO 	
10 Squats Muscular Strength	25 Jumping Jacks Cardio	10 V-ups Muscular Strength	30 Seconds Shoulder Touches Muscular Endurance	10 Seconds Of Deep Breaths  Cardio	30 Seconds Of Pike Stretch  Flexibility	30 Seconds Mountain Climbers  Cardio	10 Side Lunges Muscular Strength	30 Seconds Wall Sit Muscular Endurance	Go To Water Break 		
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10 Squats Muscular Strength	25 Jumping Jacks Cardio	10 Squats Muscular Strength	30 Seconds V-Sit Hold Muscular Endurance	10 Side To Side Jumps Cardio	30 Seconds Of Pike Stretch  Flexibility	10 Sit-Ups Muscular Strength	30 Seconds Of Deep Breaths  Cardio	30 Seconds Squat Hold Muscular Endurance	30 Mountain Climbers Cardio	Roll Again! 	
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JOIN OUR MAILING LIST

To ensure you don't miss out on any of this material and to be the first to here about all of our services. Including discounts on our holiday clubs. Click on the link below and send us your details and we will add you to our mailing list. 😊

[ADD ME TO THE MAILING LIST](#)

We hope you enjoy all resources provided. Remember if we stay positive, do our best and all work together we can get through this.

Wishing you all good health and happiness.

The Time 4 Sport Team! 😊

