

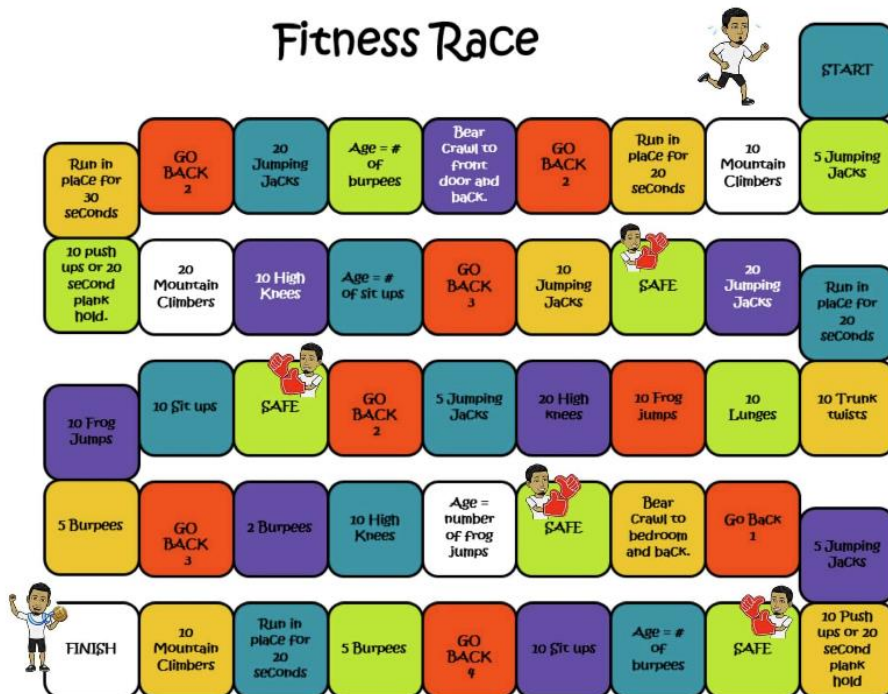


www.time4sportUK.com

HOME ACTIVITY PACK WEEK

6

Fitness Race



Providing a Fitter, Healthier & Happier future!

FREE RESOURCES Due to school closures [Time 4 Sport](#) are supporting everyone with the opportunity to access a variety of PE, PA, Sport & Healthy Wellbeing 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](#)



A CHANCE TO WIN A 1 DAY PASS ONTO OUR FUTURE HOLIDAY CAMPS

We now invite you to send us in your T4S daily challenges.

Each video that gets shown will receive a FREE pass onto one of our future holiday camps. Voucher worth £25!

We would like you to design a fun new physical activity T4S daily challenge.

- 1) Video must last no longer than 90 seconds.
- 2) You must start the video by stating your name and school and then say: Today's Time 4 Sport Challenge is.....
- 3) Video needs to be emailed to: info@time4sportuk.com
- 4) For every video that gets shown. You will receive a FREE 1 day pass onto our future holidays camps!

Good luck & happy filming! :)

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 EXERCISE YOU DO. SEE BELOW THE FOOD & FITNESS LOG! IT IS RECOMMENDED 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

The Disco

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

FITNESS

Stuffed Animal Workout

<https://www.youtube.com/watch?v=4sYVoCi-wE0>

YOGA

In the Sea Yoga

<https://www.youtube.com/watch?v=z2UQ5-cVHjs>

Yr1:

DANCE

The Disney Challenge

<https://www.youtube.com/watch?v=mUSgKSgS4-E>

FITNESS

Spiderman vs PP

https://www.youtube.com/results?sp=mAEB&search_query=kids+fitness+workout

YOGA

Top Dog Yoga

<https://www.youtube.com/watch?v=5XCQfYsFa3Q>

Yr2:

DANCE

Dance Monkey

<https://www.youtube.com/watch?v=6X683tNMGxQs>

FITNESS

Animal Movement

<https://www.youtube.com/watch?v=KuLyI-3qnN8>

YOGA

Positive Thinking Yoga

<https://www.youtube.com/watch?v=1ae7Tj8blkc>

Yr3

DANCE

Move it Move it!

<https://www.youtube.com/watch?v=ymigWt5TOV8>

FITNESS

Kids Fitness 1

<https://www.youtube.com/watch?v=L A HjHZxfI>

YOGA

Happy Kids Yoga

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

Yr4

DANCE

Zumba – Minions

<https://www.youtube.com/watch?v=FP0wgVhUC9w&feature=youtu.be>

FITNESS

Morning Workout

<https://www.youtube.com/watch?v=skSbg1IGup8&feature=youtu.be>

YOGA

Mr Hoppit Yoga

<https://www.youtube.com/watch?v=BN7M-uQSOYE>

Yr5:

DANCE

Can't stop the feeling.

<https://www.youtube.com/watch?v=9sxifR0Ltqk>

FITNESS

Circuit Workout

<https://www.youtube.com/watch?v=97QFX3w1E4>

YOGA

10 Pose Yoga

<https://www.youtube.com/watch?v=ho9utt0Zd0Q>

Yr6:

DANCE

Kids Bop

https://www.youtube.com/watch?v=sHd2s_saYsQ

FITNESS

Boot camp

https://www.youtube.com/watch?v=H_iRrXqfp5Q

YOGA

Go with the Flow

<https://www.youtube.com/watch?v=TkthVZJMBj8>

.....

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](#)

[Childline Calming Activities](#)

[Youngminds – Positive Wellbeing Sheet](#)

[PL Resources](#)

[Change 4 Life – Healty Recipes](#)

[5 Ways to Wellbeing Family Guide](#)

FAMILY ACTIVITIES

Roll the dice yoga.
6 goes each. Hold each pose for 10-30 seconds.
Repeat 3 times.



Fun family Fitness game



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! 😊

