



HOME ACTIVITY PACK WEEK

9



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 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+](#).

With it being Mental Health Awareness week. See these 5 tips below on how to improve your mental health.

5 Ways to Wellbeing

Connect Connect with people around you: Family, friends, colleagues. At home, work, school, community 

Be active Go for a walk/run, Step outside, Play a game, Dance, Garden, Discover an activity you enjoy 

Take notice Be curious, Catch sight of the beautiful, Remark on the unusual, Savour the moment 

Keep learning Try something new, Rediscover old interests, Sign up for a course, Learn a new language 

Give to others Do something nice for a friend or stranger, Smile, Volunteer, Look out as well as in 

NHS

Take time to watch the Mental Health Foundation, Kindness Matters Video. Then do something kind this week to make you and the receiver smile! 😊

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

RECEPTION

CLICK THE LINKS FOR SOME GREAT VIDEO BASED IDEAS.

DANCE

Super Fun Kids Dance

<https://www.youtube.com/watch?v=oejgTGo-BCc>

FITNESS

Superhero

<https://www.youtube.com/watch?v=cvMbkw2572k>

YOGA

The Wizard of Oz Yoga

https://www.youtube.com/watch?v=j_3weVPH0-U

Yr1:

DANCE

Superhero Workout Dance

<https://www.youtube.com/watch?v=cvMbkw2572k&t=52s>

FITNESS

The Jungle Adventure

<https://www.youtube.com/watch?v=16cDgNKHpe0>

YOGA

Spooky Yoga

<https://www.youtube.com/watch?v=yt-dk7aQhPs>

Yr2.

DANCE

Disney Dance 2

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

FITNESS

Farm Fitness

<https://www.youtube.com/watch?v=Tjiim9QG9Vk>

YOGA

Pokemon Yoga

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

Yr3.

DANCE

Video Game Workout

<https://www.youtube.com/watch?v=kgZPNY-etN4>

FITNESS

Belly & Legs

https://www.youtube.com/watch?v=zMv2oo_CnhY&feature=youtu.be

YOGA

Kids Yoga

<https://www.youtube.com/watch?v=oWLSLpcf0iY&feature=youtu.be>

Yr4.

DANCE

High Hopes Dance Along

<https://www.youtube.com/watch?v=Ohga4SS1x0c>

FITNESS

Fitness Video

<https://www.youtube.com/watch?v=7W2N-Xcw17U&feature=youtu.be>

YOGA

Rainbow Yoga

<https://www.youtube.com/watch?v=dF706-QabIo&t=190s>

Yr5:

DANCE

LMFAO Just Dance

<https://www.youtube.com/watch?v=6h5LioWoa4>

FITNESS

Core Strength

<https://www.youtube.com/watch?v=YbMb9DFvarc&feature=youtu.be>

YOGA

Kids Yoga

<https://www.youtube.com/watch?v=dF706-QabIo&t=190s>

Yr6:

DANCE

Hands Clap

<https://www.youtube.com/watch?v=ff2cgMwyBRo>

FITNESS

HITT Workout

<https://www.youtube.com/watch?v=kAXg3cM0UCw>

YOGA

Kids Yoga 2

https://www.youtube.com/watch?v=sM5MGLMNN_E

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](#)

[Safe + Sound project ran by Staffordshire Fire and Rescue Service.](#)

FAMILY ACTIVITIES

BBC Bitesize 7 Day Kindness Challenge!

Mental Health Awareness Week

	Monday	Tuesday	Wednesday
The 7 Day KINDNESS Challenge!	Make a cup of tea for someone in your family	Send someone you haven't seen in ages a letter or a postcard	Donate food or clothes to people in need
Thursday	Friday	Saturday	Sunday
Bake a cake or some biscuits to cheer someone up	Ask your parents for a chore that would really help them out	Video call someone you know is feeling a bit lonely	Be kind to yourself and spend some time on YOU!

New Scavenger Hunt

NATURE SCAVENGER HUNT

SEE HOW MANY ITEMS YOU CAN FIND ON THE LIST.
LOOK HIGH AND LOW SO NOTHING IS MISSED!

CAN YOU FIND ME?

- Rock
- Leaf
- Pine Cone
- Wild Flower
- Bark
- Piece of Litter
- Stick
- 3 Leaf Clover
- Green Grass
- Feather
- Berry

TOUCH

- something Soft
- something Smooth
- something Rough

SHAPES

- something Circle
- something Square
- something Triangle

COLORS

- something Green
- something Brown
- something Red

TOTAL POINTS _____

SCHOOLS

If your school requires a high quality, consistent and hassle free PE, Sport, Health & Wellbeing provider from September please get in touch ASAP.

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! 😊



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