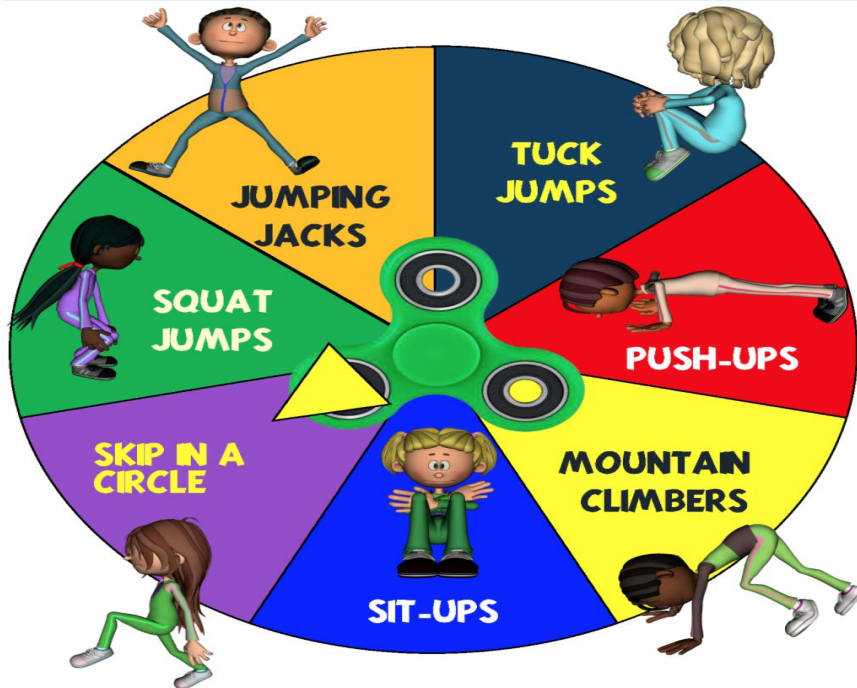




# HOME ACTIVITY PACK WEEK

12

## FIDGET SPINNER P.E. SPIN BOARD



*Providing a Fitter, Healthier & Happier  
future!*

[www.time4sportuk.com](http://www.time4sportuk.com)

**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](http://www.facebook.com/time4sportuk)

[www.twitter.com/time4sportuk](http://www.twitter.com/time4sportuk)

[www.instagram.com/time4sportuk](http://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+](#).**

5 Ways to Wellbeing: See these 5 tips below on how to improve your mental health.

# 5 Ways to wellbeing

...here are 5 things that you can do in your everyday life to help **YOU** feel good



Brilliant Poster to have up at home or at work. Highlighting the importance of regular exercise.

# HOW CAN EXERCISE IMPROVE WELL BEING



## Self Acceptance

Exercise can improve self acceptance by giving an individual a more positive view about themselves



## Positive Attitude

By exercising you are improving your health and body image and therefore will start to have a more positive attitude



## Autonomy

Exercise can increase your autonomy by making you feel as though as you have more confidence in decisions in which you make



## Mastery

Through exercise you can develop environmental mastery by feeling as though you are in charge of the situations in which you live



## Personal Growth

Exercise can improve personal growth by giving you more new challenges and making you feel as though you have an aim in life.

## Positive Relations

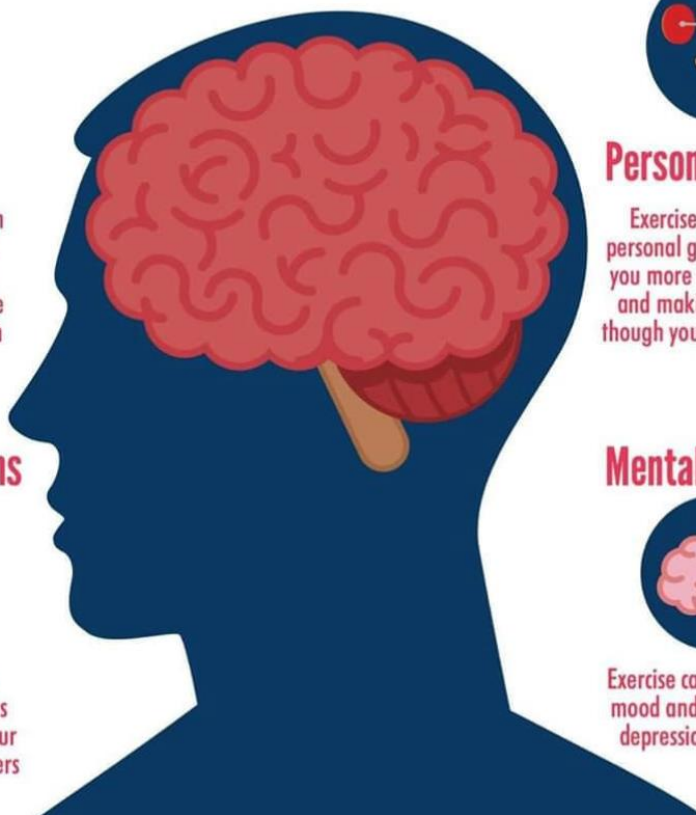


Exercise leads to more positive social interactions which in turn relates to your positive relations with others



## Mental Health

Exercise can improve your mood and help to reduce depression and anxiety



## **RECEPTION**

CLICK THE LINKS FOR SOME GREAT VIDEO BASED IDEAS.

### DANCE

FUN Dance Workout

<https://www.youtube.com/watch?v=oejgTGo-BCc&t=104s>

### FITNESS

Have a blast family fitness cardio

<https://www.youtube.com/watch?v=5if4cj05nxo>

### YOGA

Frozen Yoga

<https://www.youtube.com/watch?v=xlg052EKMtk>

## **Yr1.**

### DANCE

Feel Alive

<https://www.youtube.com/watch?v=RCgtcEz6SGk>

### FITNESS

Favourite character fitness workout

<https://www.youtube.com/watch?v=hsfheb5UwdE>

### YOGA

Moana Yoga

[https://www.youtube.com/watch?v=5y3gCrL\\_XIM](https://www.youtube.com/watch?v=5y3gCrL_XIM)

## **Yr2.**

### DANCE

Rock around the clock

<https://www.youtube.com/watch?v=4uQgwNxFDOY>

## FITNESS

Super Mario fitness challenge

[https://www.youtube.com/watch?v=9f\\_dt2XGrWk](https://www.youtube.com/watch?v=9f_dt2XGrWk)

## YOGA

Moana Yoga

[https://www.youtube.com/watch?v=5y3gCrL\\_XIM](https://www.youtube.com/watch?v=5y3gCrL_XIM)

## **Yr3:**

## DANCE

Disney Workout

<https://www.youtube.com/watch?v=t0HReYykeSk>

## FITNESS

Tabata

<https://www.youtube.com/watch?v=MKVe4Zs6KRk>

## YOGA

Kids Yoga

<https://www.youtube.com/watch?v=oWLSLpcF0iY>

## **Yr4:**

## DANCE

Supercalifragilisticexpelidocous

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

## FITNESS

Avengers Tabata

<https://www.youtube.com/watch?v=jyWyBern6q4>

## YOGA

Kids Yoga Class

[https://www.youtube.com/watch?v=aJzj\\_b7G7i8](https://www.youtube.com/watch?v=aJzj_b7G7i8)

## **Yr5:**

### DANCE

Happy

<https://www.youtube.com/watch?v=jjkYHr94wnc>

### FITNESS

10 minute HIIT workout

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

### YOGA

Morning 10 minute yoga stretch

<https://www.youtube.com/watch?v=4pKly2JojMw>

## **Yr6:**

### DANCE

Les Mills born to move

<https://www.youtube.com/watch?v=9WgkiB-GQMI>

### FITNESS

The black panther workout

<https://www.youtube.com/watch?v=9SDWArXm4mA>

### YOGA

Morning 10 minute yoga stretch

<https://www.youtube.com/watch?v=4pKly2JojMw>

## **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**

### **The Name Challenge!**

#### What's your name?

*Spell your full name and complete the activity listed. You might include your middle name for an extra challenge or come up with your own. E.g favourite colour*

**A**- Hop on each foot 6 times  
**B**- Do 10 star jumps  
**C**- Do 2 rolls (forward, pencil, log)  
**D**- Jump like a frog 5 times  
**E**- Do 10 sit ups  
**F**- Do the floss 4 times on each side  
**G**- Plank for 20 seconds  
**H**- Balance on your right foot for 10 secs  
**I**- Crawl like a crab for 20 seconds  
**J**- Balance on your left foot for 10 secs  
**K**- Do the hopscotch 5 times  
**L**- Do 10 push ups  
**M**- Do 12 squats

**N**- Sprint on the spot for 20 seconds  
**O**- Do 5 Russian twists on each side  
**P**- Skip for 20 secs  
**Q**- Throw and catch a ball 6 times  
**R**- Do 12 lunges on each leg  
**S**- Jump 90 degrees to the right 8 times  
**T**- Crawl like a bear forwards and backwards for 20 seconds  
**U**- Jump up and down 10 times  
**V**- Circle your arms forward and backwards 10 times each  
**W**- Balance for 10 secs without using your feet  
**X**- Do 5 air punches with each arm  
**Y**- Balance on 1 foot for 10 secs closing your eyes.  
**Z**- Do 6 standing long jumps

# Fitness Monopoly (BACK BY POPULAR DEMAND)




**THE PE AND SCHOOL  
SPORTS NETWORK**

# SPORTOPOLY

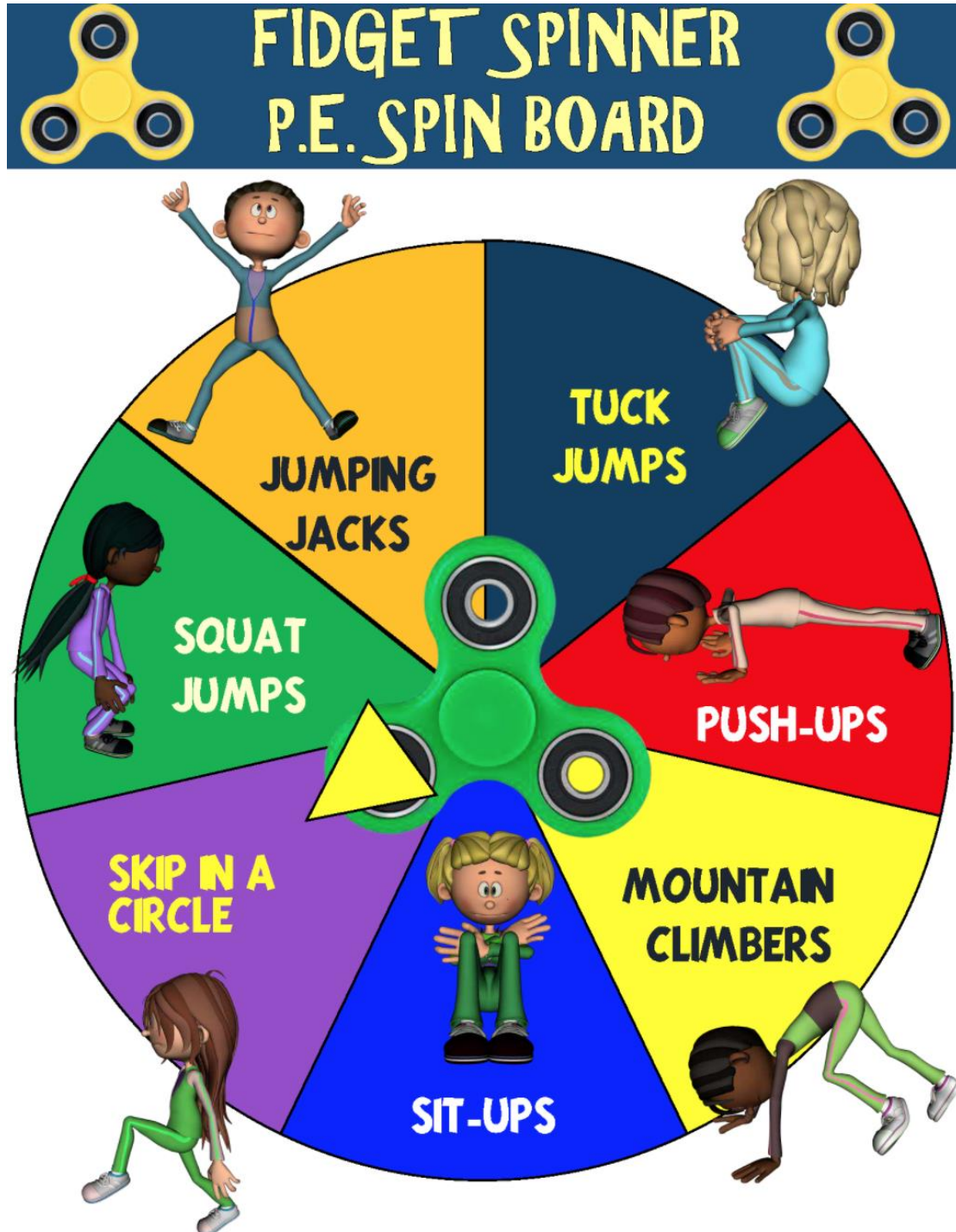
**RULES**

- Each player has a different object to use as a game piece during game.
- Roll the dice, move your piece and complete the task.
- First player to either collect 100 points or complete two different sets of colours wins.

	<b>How many toilet rolls can you balance on your body</b>		<b>Throw an object into a target 10 times</b>		<b>Move forward 4 spaces</b>	<b>Perform 40 squat jumps</b>		<b>Balance an object on your head for 30 seconds</b>	<b>Pass an object around your waist 25 times</b>	
<b>Perform a safe pencil roll</b>		<b>Perform 30 push ups</b>		<b>Move forward 4 spaces</b>	<b>Perform a safe forward roll</b>		<b>Jump on the spot 50 times</b>	<b>Balance on 1 leg and close your eyes for 30 seconds</b>	<b>Perform a 1 foot to 2 feet jump</b>	
<b>Perform 30 push ups</b>	<b>Keep a balloon in the air for 60 seconds</b>	<b>Perform 3 different types of jumps</b>		<b>Perform a balance using 1 hand and 1 foot</b>	<b>Skip for 1 minute</b>	<b>Perform a 2 feet to 1 foot jump</b>	<b>Create and perform a 2 minute dance routine</b>		<b>Jump forwards and backwards over a pillow 30 times</b>	<b>Move forward 4 spaces</b>
<b>Perform 40 star jumps</b>		<b>Move forward 4 spaces</b>	<b>Jump side to side over a pillow 40 times</b>	<b>Perform a 2 feet to 1 foot jump</b>		<b>Perform 30 sit ups</b>	<b>Perform 40 star jumps</b>	<b>Perform 40 star jumps</b>	<b>Perform 40 star jumps</b>	<b>Perform 40 star jumps</b>

## The Fidget Spinner PE Spin Board.

Place mark one leg of your spinner as the pointer. Place your spinner in the center of the wheel. Then spin. Which ever activity you land on your perform 10 of these activities. Repeat and build up your fitness.



### **SCHOOLS**

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

## **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! 😊



[info@time4sportuk.com](mailto:info@time4sportuk.com)

01782 40 96 77

[www.time4sportuk.com](http://www.time4sportuk.com)