



www.time4sportUK.com

HOME ACTIVITY PACK WEEK

3



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, 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

Fruit Dance

https://www.youtube.com/watch?v=gN3pn_alymA

FITNESS

Battle Ships

<https://www.youtube.com/watch?v=oD0si0ucDCQ>

YOGA

Coco The Butterfly

<https://www.youtube.com/watch?v=pT-s1-phgxs>

Yr1.

DANCE

Jungle Boogie

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

FITNESS

Born to do it

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

YOGA

Rainbow Yoga

<https://www.youtube.com/watch?v=dF7O6-QabIo>

Yr2.

DANCE

Lets Exercise

<https://www.youtube.com/watch?v=6e2ibUq65tA>

FITNESS

Les Mills

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

YOGA

Mindcraft Yoga

<https://www.youtube.com/watch?v=02E1468SdHg>

Yr3:

DANCE

Gangnam Style

<https://www.youtube.com/watch?v=FRAJct27dpw>

FITNESS

Super Heroes

https://www.youtube.com/watch?v=f9KqF_11EYc

YOGA

Spider Yoga

<https://www.youtube.com/watch?v=fnO-lGEMOXk>

Yr4:

DANCE

Macarena

<https://www.youtube.com/watch?v=SWHS4HsgnUk>

FITNESS

Core Kids Fitness (Repeat x 3)

https://www.youtube.com/watch?v=ju8W_SX_wy4

YOGA

School Yoga

<https://www.youtube.com/watch?v=XQ4b04TYO60>

Yr5:

DANCE

Waka Waka

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

FITNESS

Jumping Jax

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

YOGA

Star Wars Yoga

<https://www.youtube.com/watch?v=coC0eUSm-pc>

Yr6:

DANCE

Senorita

<https://www.youtube.com/watch?v=s0fNRdQtY-A>

FITNESS

Less Mills

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

YOGA

Teen Yoga

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

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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

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.roberttrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk

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! 😊

