



# HOME ACTIVITY PACK WEEK

## 11

### Active June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Do some <b>sit ups</b> : Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups	2 Do some <b>star jumps</b> : Bronze: 20 times Silver: 30 times Gold: 50 times	3 Practise <b>balancing on right leg</b> : Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	4 Practise <b>balancing on left leg</b> : Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	5 Have a <b>jog</b> around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	6 Create your <b>own throwing and catching game!</b>	7 <b>Teach</b> the people at home <b>your game</b> and see who scores the most points!
8 Do some <b>burpees</b> : Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees	9 Try and do some <b>mountain climbers</b> : Bronze: 10 times Silver: 20 times Gold: 30+ times	10 Carefully try and do a <b>plank</b> : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	11 See how many <b>tuck jumps</b> you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	12 <b>Push ups!</b> Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	13 Use a pack of cards and <b>create a game involving different exercises</b> and the different suits!	14 <b>Compete against someone at home</b> to see who can complete more exercises in a given time.
15 Try and do some <b>crunches</b> : Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches	16 Do some <b>lunges</b> on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg	17 Do a <b>wall sit</b> – remember, stay still: Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds	18 <b>Squat</b> – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	19 <b>High knees</b> – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute	15 Challenge yourself to <b>learning some new yoga posts</b> – watch a Youtube video to help.	16 Practise those yoga skills your learned and <b>see if you can balance for longer</b> than you did yesterday.
22 Try doing some <b>scissor kicks</b> : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	23 Do some <b>shuttle runs</b> : Bronze: 15 runs Silver: 30 runs Gold: 50 runs	24 <b>Hop</b> on the spot: Bronze: 10 each leg Silver: 25 each leg Gold: 50 each leg	25 <b>Hopscotch</b> until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes	26 Try safely to do some <b>jump squats</b> in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	27 Go outside and be active with someone from your house. <b>Go for a run or a walk!</b>	28 Use your outdoor time to <b>jump</b> over things, <b>balance</b> along things and <b>move</b> in different ways.
29 Try <b>hurdling</b> over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	30 <b>Step jumps</b> – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times	<p><b>Let's get active in June!</b>  <b>Try each of these activities with the people you're with!</b>  <b>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</b>  <b>Remember it is important to stay active and healthy!</b></p>				

*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 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+](#).**

**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 Sport!

# 15 SKILLS ATHLETES CAN TRANSFER FROM SPORT TO THE WORKING WORLD

 @BELIEVEPHQ

 <b>TEAMWORK</b> Understanding how to work effectively as part of a team	 <b>COMMUNICATION</b> Sport provides athletes with important communication skills	 <b>GROWTH</b> Athletes are always looking for opportunities to grow and develop	 <b>EMOTIONS</b> Athletes understand how to manage their emotions effectively	 <b>TENACITY</b> Athletes learn how to work hard and demonstrate this on and off the field
 <b>COPING</b> Athletes have the resources available to deal effectively with setbacks	 <b>RESILIENCE</b> Athletes have developed key skills to be resilient	 <b>LEADERSHIP</b> Athletes understand what it takes to be a great leader	 <b>LEARNING</b> Athletes have a strong sense of continuous learning	 <b>DETERMINATION</b> Athletes have high levels of determination
 <b>PRESSURE</b> Athletes have learnt how to work effectively under pressure	 <b>CONCENTRATION</b> Athletes can maintain concentration levels	 <b>COMMITMENT</b> Athletes understand the importance of being committed to a team	 <b>GOAL SETTING</b> Athletes understand how to set process, outcome and performance goals	 <b>MOTIVATION</b> Athletes understand how to maintain high levels of self motivation



## **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

5 Minute Mover with Joe.

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

### YOGA

Reptile Yoga

<https://www.youtube.com/watch?v=BNbSBsUUslM&t=30s>

## **Yr1:**

### DANCE

Kids and Adults Dance Workout

<https://www.youtube.com/watch?v=fWj85LNlzc>

### FITNESS

All Animal Workout

<https://www.youtube.com/watch?v=KuLyI-3qnN8&t=7s>

### YOGA

Oceans & Courage

<https://www.youtube.com/watch?v=8fVQGRrRKPs>

## **Yr2**

### DANCE

The Minions Work

[https://www.youtube.com/watch?v=QphRMaIB\\_LM](https://www.youtube.com/watch?v=QphRMaIB_LM)

### FITNESS

Animal Fitness

<https://www.youtube.com/watch?v=pw78Ro4s9NQ>

### YOGA

Oceans and Courage Yoga

<https://www.youtube.com/watch?v=8fVQGRrRKPs&t=32s>

## **Yr3**

### DANCE

Disney Workout

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

### FITNESS

Sponge Bob Square Pants Workout

[https://www.youtube.com/watch?v=5-PW8Fmh\\_g0&feature=youtu.be&fbclid=IwAR3vQnCGSNc19bhhvdd8JjZRrCQ-GakLv-WBYk7Wohz6M0YVai9pX2nKfu4](https://www.youtube.com/watch?v=5-PW8Fmh_g0&feature=youtu.be&fbclid=IwAR3vQnCGSNc19bhhvdd8JjZRrCQ-GakLv-WBYk7Wohz6M0YVai9pX2nKfu4)

### YOGA

Monkey Yoga

<https://www.youtube.com/watch?v=ASPnHI7kio4>



#### **Yr4:**

##### DANCE

Dance Cardio

<https://www.youtube.com/watch?v=OCgd65fTZf0>

##### FITNESS

Harry Potter HIT

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

##### YOGA

Yoga Workout

<https://www.youtube.com/watch?v=r8XVed8v41w>

#### **Yr5:**

##### DANCE

15 minutes Dance Workout

<https://www.youtube.com/channel/UCljIHM152GcJ9klhRKLfQ5A>

##### FITNESS

Pokeman Workout

<https://www.youtube.com/watch?v=WFNDIjkw7N0&feature=youtu.be&fbclid=IwAR0cbvYNzVLSfTZ-O-rNfal--EcMmfG7IGA4JwXbUVIk5B6MoU5zR-gcOUmo>

##### YOGA

Partner workout

<https://www.youtube.com/watch?v=eHJPG4jzcEU>

#### **Yr6:**

##### DANCE

I Feel Alive!

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

## FITNESS

PE with Joe.

<https://www.youtube.com/watch?v=gVN5Lg-q5zA>

## YOGA

Kids Yoga

<https://www.youtube.com/watch?v=V3FzX8yld-U>

## **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**

Active June Calendar. A range of activities to keep you and your children active during the month of June.

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## **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! 😊



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