



Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

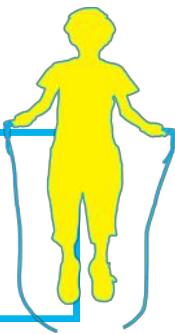
- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
- Which were the children's favourite activities? Which were the adults'? Have you made up any games? Let us know how you're getting on by tweeting @PENetworkUK and we'll share!
- We're still trialling this resource, but have made it publicly available for free due to the current COVID-19 situation. Please let us know what you think of these activity sheets. Which were the best bits? Any problems? You can do this by emailing helen@penetwork.co.uk



Skipping

You will need:

- | | |
|------------------|----------------|
| A skipping rope. | A beanbag. |
| Some hula hoops. | Some chalk. |
| A ball | Some cushions. |



Try doing some or all of the activities on this sheet.
Which of these games is your favourite?

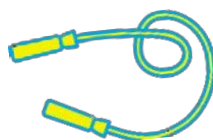


Home activity

Snake in the grass

2 people sit on the floor, each holding opposite ends of the skipping rope. They wiggle the rope across the floor as the rest of the family jump over it.

If the rope touches someone, they are out. The winner is the last jumper to remain. Swap places and play again.



French skipping rhyme:

England! (jump landing with both feet outside the elastics)

Ireland! (jump again landing with both feet inside the elastics)

Scotland! (jump outside again)

Wales! (jump landing both feet on an elastic)

Repeat again to the rest of the rhyme:

Inside, outside, puppy dogs tails!

Make it harder by turning in the air to face the opposite way when you land. What rhymes can you think of?

To test whether the rope is the right length for you, stand on the rope with both feet and point the handles to the sky. The handles should be between your waist and your shoulders.

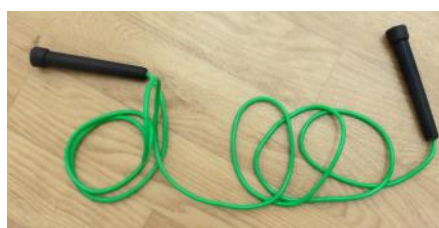
Can you skip five times? Ten? Twenty? Who in the family can skip for the longest?



[See how it's done:](#)



[See how it's done:](#)



Skipping



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Family skipping

You will need a longer rope for this.

Make sure you have plenty of space and that the surface is suitable for running and jumping.

To start with, turners need to ensure they are positioned so that at least a metre of

rope is hitting the floor when it is being turned.

Skippers jump in when the rope hits the ground when they feel confident to do so.



Family skipping rhyme:

Mabel, Mabel, set the table.
Do it as fast as you are able.
Don't forget the

SALT, PEPPER, KETCHUP, MUSTARD.
(Keep repeating the last line while turning the rope. If the jumper misses on "pepper", then the turners begin turning the rope fast - doing "hot peppers".)

Can you feel your heart beat faster?
Are you breathing harder?

Assault Course

Create an obstacle course out of whatever you have nearby.
Set a challenge: who can complete the course quickest? Who can complete it silently? Who can complete it backwards? If there are enough of you, make teams.
An example of an indoor assault course:

Skipping facts

- Skipping exercises the upper and the lower body.
- Skipping promotes strength, balance and power.
- Skipping burns twice as many calories as walking.



- Weave through a set of markers. Use beanbags or cushions as markers
 - Pick up a skipping rope and jump 10 times
 - Toss 3 beanbags into a hula hoop target
 - Do 10 star jumps.
- Use a skipping rope as a line to balance along.

Struggling to skip? Or want to up your game to work-out level?

Have a look at www.skip-hop.co.uk



[See how it's done:](#)



Walking challenge: Week 5

Plan a family walk to a nearby green space if you can. Make sure you have comfortable shoes, water and are equipped for the weather... suncream or sunhats? waterproofs and wellies? Splash in puddles, look out for wildlife and see what adventures you can have!



Cool Down

“Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently.”



Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky – stand on your tip toes!
- Bending down to touch your toes – try to keep your legs straight!



Next, loosen up by doing some gentle neck circles:



1

How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

2

How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.

Shake off the rest of your energy through your finger and toes.

Well done!



[See how it's done:](#)



Cool down



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Record your own games!

