



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



Sports Day

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

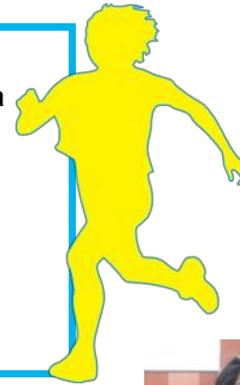


Home activity

You will need:

- A hula hoop
- A beanbag
- A chalk
- A skipping rope
- Sacks (or pillowcases or binbags)

- Some markers for start and end of races – you could use a piece of chalk or some electrical tape
- Some large kitchen spoons and 'eggs' (a tightly rolled up sock will do)



Sack race

The race starts before you get in the sack. Jump to the end. The winner is first to cross the line. Little ones might need help getting in the sack.

If you don't have anything to use as a sack, jump with feet together.



Three legged race

Two players run with the left leg of one runner strapped to the right leg of another runner. First pair over the finish line wins!



Hula hoop

Run the course using a hula hoop to skip through. Or, hold a hoop in the air at the finish line which players have to jump through. Take turns to run the course, to see who can do it fastest!



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

Over 18s
Want to check out how healthy you are?
Go to www.nhs.uk/oneyou and get a personalised on-line health check!

ONE YOU



Egg and spoon

Balance an 'egg' (use rolled-up socks) on a spoon and race with it to the finishing line. Hands must not touch the 'egg' other than to pick it up and put it back on the spoon if it is dropped.



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



Sports day





Complete the race balancing a beanbag on your head (stop and put it back on your head if it falls off).

Make it harder!

Include obstacles such as a balance beam (chalk a line or use a skipping rope).



Find out how you can make your own beanbags and discover more games you can play together at <https://www.wikihow.com/Make-a-Bean-Bag>



Dribble or bounce a ball through a course of markers (use jumpers, rolled up socks etc.)

Make it harder!

Set the cones closer together.



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



An outside game for a hot day:

You will need:

2 buckets or bowls ; 1 sponge.

Place the buckets a distance away from each other. Fill one with water.

One at a time, players soak their sponge in the full bucket, run up to the empty one and squeeze it out. They

then keep going or, if in a team, hand the sponge to the next person in line until everyone has had a turn and then measure the water in the far basins to see who has moved the most water over.



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



Set your family members a daily challenge! Can Mum do 10 keepy-uppy's a day? Can your big brother learn to juggle? What will your challenge be? Create a leader board and keep track of everyone's achievements!

Walking challenge: Week 6



How many places and how far have you walked together as a family since you started the challenge? What new things have you noticed and talked about on your walks? Remember to try to walk briskly for at least 10 minutes, 3 times a week.

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



Blank lined writing area with a blue border.

Blank lined writing area with a green border.



Blank lined writing area with a green border.

Blank lined writing area with a blue border.

Blank lined writing area with a red border.

Record your own games!

Blank lined writing area with a blue border.

Blank lined writing area with a green border.



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Blank lined writing area with a red border.

Record your own games!