



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



Chalk

You will need:

A piece of chalk.

Some electrical or masking tape.



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



Home activity

Simon says

To start, choose one player to be 'Simon'. The rest of the players gather in front of Simon as he calls out actions starting with the phrase "Simon says": "Simon says... touch your toes."

The players have to do what Simon says, touching their toes. If Simon calls out an action that doesn't start with

"Simon says," the players must not do the action. If they do, they are out of the game.

The last player left in the game wins and becomes the next 'Simon'.

Make it harder!

Make the actions more energetic: run on the spot, star jumps, hop on one leg etc.

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



Draw out a grid on numbers matching a phone pad. Take it in turns to be on the pad with another person shouting out numbers to hop between.

Try hopping (or jumping) out phone numbers, birth dates etc.

Number square

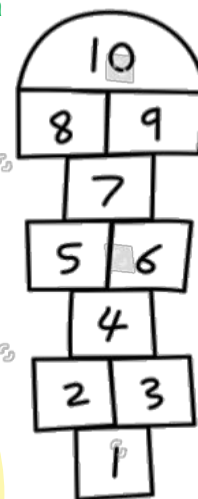
Did you know?

Low physical activity is one of the top 10 causes of disease and disability in England—being active for even just 10 minutes a day will make a difference to your long term health!

Draw a hopscotch grid on the pavement, yard etc. Toss a stone or beanbag into the number 1 square. Hop on the single squares, and jump on the double (one foot in each), to the end and back again, picking up your beanbag on the way back. Don't put your other foot down!

Then repeat, going up a number each time.

Hopscotch



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Walk with chalk!

A pack of chalk is a quick and easy way to keep everyone occupied and have fun at the same time!

- Use chalk to draw the **start and finish lines of a race**. Then come up with different ways to get to the end: running, marching, galloping, using a bike or scooter, skipping etc.
- Use chalk to **set boundaries** or to define a **safe zone** for little ones who might not want or be able to join in the family activity.
- Use chalk to help give children room to run and play while keeping them safe. **chalk arrows and 'no entry signs' to mark out a path** you're happy for them to follow. Make sure they know what all the symbols mean!
- Little ones can keep busy **drawing a picture** that will wash away with the rain while everyone else takes part in the family activity.



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



Top tip

Use masking or electrical tape on the floor instead of chalk if you're doing these activities indoors.



Did you know?

Men are more likely than women to be sedentary for 6 hours or more! Come on dads!

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



Walking challenge: Week 2



your chalk to draw a treasure trail with arrows or instructions in a park, on the pavement. Or just around your garden!
You could hide a surprise at the end!
Where did you go?

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:](#)





SPORT
ENGLAND
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[illegible]This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.[illegible][illegible]

Record your own games!

