



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

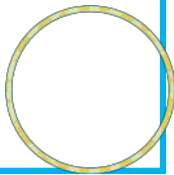


Hula Hoop

You will need:

Some hula hoops.

Some bean bags, balls or a frisbee.



Try doing some or all of the activities on this sheet.

Which of these games is your favourite?



Home activity

Hula hooping

Spin a hoop around your waist and keep it going for longer and longer periods of

time. This will take a lot of practice!

Record your efforts and see how much you improve.



There are lots of videos on YouTube which explain how to hula hoop – have a look!

www.youtube.com

Make it harder!

Try shifting the hoop up to your neck and back down.

Get two hoops whirling around each arm at the same time.



Targets

Set the hoop on the ground or prop it upright as a target for beanbags or balls.

You could also tie a hoop onto a rope and hang it from outdoor play equipment or tree branch if you have any in your garden. On a hot day you could use water balloons!

Make it harder!

Try to hit the targets from further away. Use a frisbee instead of a ball or beanbag. Set a timer for collecting the items back in – who can be the quickest to start again? Did you know that a round plastic chocolate box lid makes a fantastic frisbee!



Hoop-scotch

You'll need several hoops for this game. Lay them out on the ground in a pattern you can hopscotch through.

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

Hula Hoop



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Hoop skipping

A hula hoop can be used just like a skipping rope. Hold the hoop vertically in front of your body. Then flip it down toward your feet, jump over it, and bring it back behind you and over your head.



Hula hoop pass

Have everyone stand in a line or circle holding hands. Give the first person the hoop looped over one arm. Players must pass the hoop down the line or around the circle without letting go of one another's hands.

Make it harder!

Time yourselves doing it. Can you beat your time?

Play 'the ground is lava' disco-style using hula hoops instead of the furniture! Put on some music and dance around. When the music stops the ground turns to lava; everyone must jump into a hoop to survive. The last one to jump in a hoop gets caught in the lava and is out!



Top tip

Hula hoops make great bases for many kinds of tag.



Walking challenge: Week 4



Try walking at an earlier or later time of day and try to notice what's different. Is it colder, warmer? Can you hear birds, traffic? Keep a journal to help you remember what you've seen and heard.

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!

