

HOLY FAMILY AT HOME



ACTIVITY PACK



Arctic Yoga

Aeroplane Pose

1

Dekasana



Benefits	
	Improves balance, develops concentration, strengthens legs, chest, and arms.
1	Begin in mountain pose.
2	Extend arms out to either side.
3	When you feel balanced, exhale and lean forward, lifting one leg straight behind you.
4	Hold this pose, then return your leg to the ground and your arms to your sides.
5	Repeat with opposite leg.

Iceberg Pose

2

Downward Facing Dog, Adho Mukha Svanasana



Benefits	
	Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain and fatigue.
1	Begin on hands and knees.
2	Exhale, straighten knees, and lift hips, so you are in an upside down V.
3	Hold this position for as long as you like. Let your head hang down and breathe.
4	To release, exhale and bring knees to the floor.

Walrus Pose

3

Butterfly Pose



Benefits	
	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Begin by sitting with soles of feet together.
2	Touch fingers to the side of your head.
3	Gently bounce your knees to flap your walrus flippers.
4	Exhale, and slowly lower your hands back to your lap.

Snow Goose Pose

4

Warrior II Pose, Virabhadrasana II




Benefits	
	Strengthens and stretches legs and core, stretches chest and shoulders, relieves backaches.
1	Stand with your feet wide apart.
2	Turn your left foot in and your right foot out 90 degrees.
3	Inhale, and lift your arms to shoulder height.
4	Exhale, and bend your right knee. Be careful not to extend your knee past the 90 degree point with your ankle.
5	Keep your torso tall, turn your head, and look out over your right fingertips.
6	Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Arctic Yoga

Boat Pose 5


Navasana



Benefits	Strengthens the abdomen and spine, invigorates the body, helps relieve stress, improves digestion.
1	Sit on your bottom.
2	Put one leg up to chest height then the other.
3	Place hands behind thighs for support. (Extension: Try to put arms out straight if possible).
4	Rock backwards and forwards like a boat.

Whale Pose 6


Locust Pose / Snake Pose, Salabhasana



Benefits	Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.
1	Begin by lying on your tummy.
2	Exhale, and lift your head, upper torso off the floor.
3	Gaze forward or slightly upward.
4	Hold this position, then release.


Seal Pup Pose 7

Happy Baby Pose, Ananda Balasana



Benefits	Gently stretches inner groins and spine, calms the mind, and helps relieve stress and fatigue.
1	Lay down on your back.
2	Exhale, bend your knees into your belly, and hold onto your feet.
3	Allow your body to gently rock side to side.

Polar Bear Pose 8



Benefits	Stretches arms, legs, sides, and chest; releases tension.
1	Begin on your knees, then sit back on your heels.
2	Spread your knees comfortably apart.
3	Bend forward, bringing your chest to the floor.
4	Bring your hands in front of you, lacing your fingers together.
5	Exhale through your mouth, warming your paws.

Arctic Yoga

Arctic Hare Pose

9

Frog Pose, Ardha Bhekasana



Benefits	
	Tones legs, increases hamstring flexibility.
1	Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
2	Look up and inhale.
3	As you exhale, straighten your legs and lower your head toward your knees.
4	Return to squatting position, then repeat.

Arctic Fox Pose

10

Three-Legged Dog Pose, Tri Pada Adho Mukha Svanasana



Benefits	
	Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain, and fatigue.
1	Begin in downward facing dog (hands and feet on the floor, bottom in the air in an upside down V).
2	Lift one leg, hold, then lower with an exhale.
3	Repeat with the opposite leg.

Igloo Pose

11

Triangle Pose, Trikonasana



Benefits	
	Stretches and strengthens legs, chest, and spine; relieves stress; improves digestion.
1	Stand in mountain pose.
2	Exhale, and step feet wide apart.
3	Raise your arms parallel to the floor, palms down, extending through your shoulder blades.
4	Turn your left foot in slightly and your right foot out 90 degrees, aligning your right heel with your left heel.
5	Exhale, bend through your hips, and rest your right hand on your shin or ankle. Stretch your left arm toward the ceiling.
6	Hold this pose, inhale and return to standing. Repeat on opposite side.

Candle Pose

12

Rainbow Pose



Benefits	
	Stretches arms, abdominals, spine, and chest; calms the mind.
1	Raise both hands over your head.
2	Drop one hand by your side, exhale, and arch the other over your body.
3	Hold this position.
4	As you bring your dropped arm back above your head, straighten your body.
5	Repeat on the other side.

Arctic Yoga

Crescent Moon Pose 13



Benefits	Stretches arms, abdominals, spine, and chest; calms the mind.
1	Inhale, and raise your hands over your head, pressing your palms together.
2	Exhale, and tip your body to one side.
3	Inhale return to standing straight.
4	Repeat on the opposite side.
5	Exhale, and lower your arms.

Relaxation 14



Benefits	Calms the body and mind, helps relieve stress, headaches and fatigue.
1	Lay down on your back, with arms next to your body and legs slightly apart.
2	Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age of the children.

Online Resources

GoNoodle



- www.gonoodle.com
- Click get started
- Choose family play button
- 100s of free movement games, yoga and mindfulness videos

Jump Start Jonny



- www.jumpstartjonny.co.uk
- Click "free stuff" tab
- Choose dance and fitness videos to keep young people active

Circuit Workout

FOR KIDS



1. 10 Jumping Jacks
2. 15 Circles with Hula Hoop
3. 15-30 seconds in plank position
4. Downward facing dog
5. Crab walk
6. Run for 30-seconds
7. 15 circles with Hula Hoop
8. Hop on one foot
9. Hop on other foot
10. Run up and down the stairs

☆ FUN FITNESS FOR KIDS! ☆

WHAT'S YOUR NAME ?

Spell out your full name and do the activities for each letter! Get creative and spell out your friends names too :)

*Consult your doctor before starting any new exercise.

A 16 Jumping Jacks

N 15 Side Way Lunges

B 2 Minute Jump Rope

O 10 Jump Squats

C 20 Arm Circles

P Balance on Right Foot for 15 Counts

D 15 High Knees

Q 20 High Knees

E 10 Pushups

R 15 Frog Hops

F 12 Squats

S 20 Jumping Jacks

G 10 Frog Hops

T Toy Solider March for 15 Counts

H 2 Minute Jog in Place

U 30 Arm Circles

I Hop on One Foot 5 Times

V 8 Pushups

J Crawl like a Crab for 10 Counts **W** 1 Minute Jog in Place

K 3 Somersaults

X Try Touch the Clouds for 10 Counts

L Bend Down & Touch Toes 20 Times

Y Balance on Left Foot for 15 Counts

M 3 Cartwheels

Z 1 Minute Jog in Place

Football Challenges



- 1. How many keep up's with the ball**
- 2. How long does it take to dribble the ball in and out of 6-8 cones (stones or any other objects can be used)**
- 3. Free kick challenge - how many goals in 10 minutes (if not goals use chairs or jumpers)**
- 4. How many taps on the inside of each foot in 5 minutes?**
- 5. Target practice - how many cones/objects can you hit - set up 5-10 targets and increase if required.**

Basketball Challenges



- 1. Dribble ball with right hand**
- 2. Dribble ball with left hand**
- 3. Dribble ball in and out of 4-6 cones/objects**
- 4. Set up 5-10 targets and aim to hit with the ball - 2 handed throw**
- 5. Throw the ball inbetween 2 hands**
- 6. Move ball around waist and through legs**
- 7. Bounce the ball at one side (dominant hand), kneel down and then lie down and then stand back up continuing to bounce the ball**

Dance Challenge



Crave a dance routine to one of the following songs:

1. Dance Monkey
2. Lion King - I just can't wait to be king
3. Matilda - Revolting children

Either perform for those in your household or teach them the routine. Tweet some of the end result to @ActiveVikkiNL



SKIPPING SONGS



**JACK BE NIMBLE
JACK BE QUICK**

**JACK JUMPED OVER THE
CANDLE STICK.**

**MUMBLE, KICK, SIZZLER, SPLIT,
POP-UPS 10 TO 1 - HIT IT.
10,9,8,7,6,5,4,3,2,1.**

Jack Jumped Over - the jumper jumps up very high with both feet leaving the ground at the same time.

Mumble - by putting both feet together making very small hops;

Kick - repeatedly kicking one foot outward and back again;

Sizzler - crossing and uncrossing feet and legs;

Split - opening and closing legs about 5 feet apart;

Pop - jumping high in the rope with both feet coming off the ground together.



**ROBIN HOOD, ROBIN HOOD
DRESSED SO GOOD**

Robin Hood, Robin Hood
dressed so good,
Got as many kisses as he could.
How many kisses did he get?
1, 2, 3...



**APPLES, PEACHES,
PEARS AND PLUMS**

Apples, Peaches, Pears and Plums
Apples, peaches, pears and plums,
Jump out when your birthday comes,
Is it January, February, March, April,
May, June, July, August, September,
October, November, December



**BUBBLE GUM,
BUBBLE GUM**

Bubble gum,
bubble gum

Penny a packet,

First you chew it,

Then you crack it,

Then you stick it

In your jacket,

Then your parents

Kick up a racket.

Bubble gum, bubble
gum, Penny a packet.



I had a little puppy
His name was Tiny Tim
I put him in the bathtub,
to see if he could swim
He drank all the water,
he ate a bar of soap
The next thing you know he
had a bubble in his throat.

In came the doctor,
(person jumps in)

In came the nurse,
(person jumps in)

In came the lady with the alligator
purse, (person jumps in)

Out went the doctor,
(person jumps out)

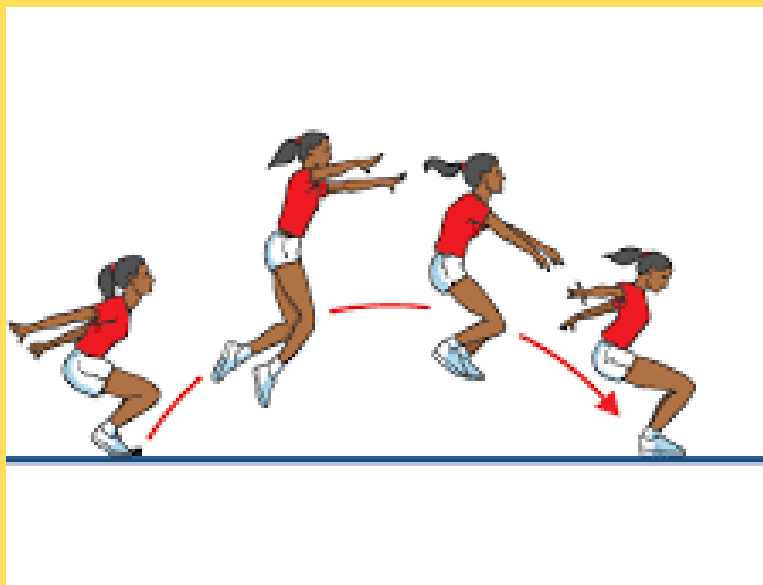
Out went the nurse,
(person jumps out)

Out went the lady with the alligator
purse (person jumps out)

Athletics Challenges

1. Standing Long Jump

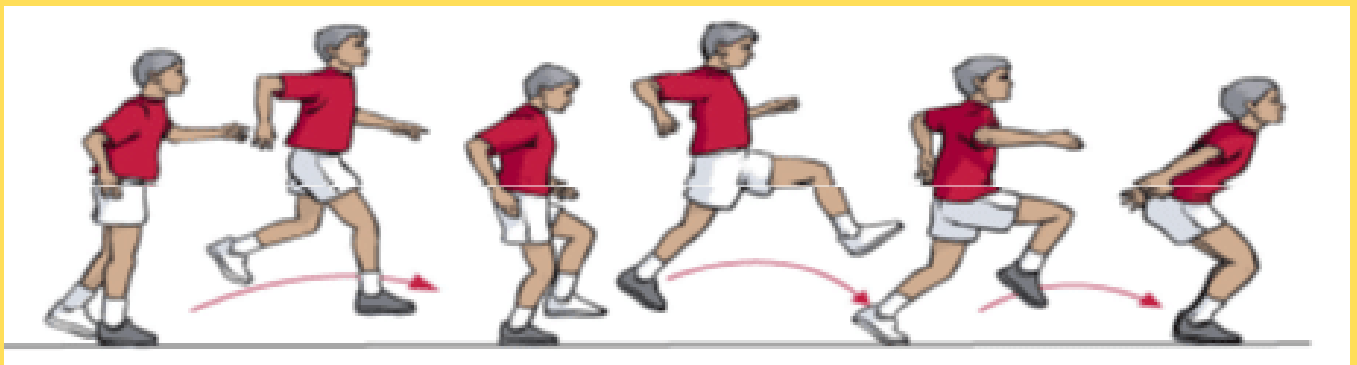
- Find a starting point
- Feet shoulder width apart, knees bent
- Swing arms back and forward
- Jump as far as you can
- Mark distance with an object e.g stone and try and beat the distance



Athletics Challenges

2. Standing Triple Jump

- Find a starting point
- Start standing on one foot
- Hop, step and then jump in a fluid motion
- Mark how far you have jumped with an object
- Try and beat it next time



Athletics Challenges

3. Speedbounce

- Find a line/make a line
- Start standing on two feet
- Jump across the line as many times as you can in 20 seconds
- Take note of your score
- Try and beat it next time



Athletics Challenges

4. Shotputt

- Find a starting point with a small ball
- Stand side on, holding the ball in the hand that you write with
- Bend knee on your back foot
- Transfer weight to front foot and throw the ball
- Mark the distance with an object
- Try and beat it next time



Athletics Challenges

5. Shuttleruns

- Find a starting and end either in the garden or long hall
- Set a 2 minute timer on phone/watch
- See how many times you can run back and forward in the 2 minutes
- Take note of the number
- Try and beat it next time

