

Activity Cards

At Home



To maintain a basic level of health, children and young people aged 5 to 18 need to do...

**INDOOR
ACTIVITIES**

Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.



AT LEAST

60

**MINUTES OF PHYSICAL ACTIVITY
EVERY DAY!**

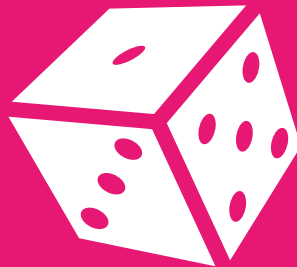
Be creative using household items if you don't have all of the equipment

Dice Game

How to play:

Play the game with a family member and take turns to roll the dice. Look at the number you have rolled and try the exercise which matches your number for 30 seconds:

- 1= Star Jumps*
- 2= Tuck Jumps*
- 3= Burpees*
- 4= Step Ups*
- 5= Sprint on the spot*
- 6= One leg balance*



Can you encourage the rest of your family to take part?

Make up your own exercises for each number

Which exercises were most challenging?

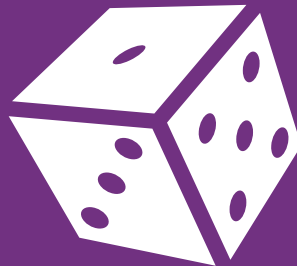
Animal Game

How to play:

Play the game with a family member and take turns to roll the dice.

Look at the number you have rolled and try the exercise which matches your number for 30 seconds:

- 1= Bear Crawl*
- 2= Frog Jumps*
- 3= Monkey Run*
- 4= Donkey Kicks*
- 5= Penguin Waddle*
- 6= Crab Crawl*



Can you encourage the rest of your family to take part?

Make up your own exercises for each number

Which exercises were most challenging?

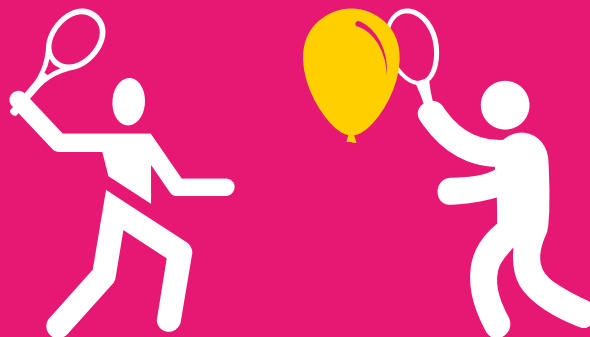
Balloon Games

How to play:

Use a sofa/ table/ other household object as a net and challenge a family member to a game of volleyball!
First side to let the balloon touch the floor loses a point.



Use a saucepan/ cardboard tube/ umbrella or another household tube as a racquet and play balloon tennis with your family. First player/team to 11 points wins!



Hula Hoop

Challenge your family to get the hula hoop spinning around your waist and see who can keep it going the longest.

How far can you roll your hula hoop without it dropping? Add household items as obstacles and try to avoid hitting them when your hoop is rolling.

Can you use your hula hoop to skip? How many skips can you do in a row?



Add some music while you hula hoop!



Encourage your family to give it a go!

Target Throw

How to play:

Create some targets using hula hoops, boxes, a basket or any other household it. Throw a beanbag or ball into the target(s) from 3 large steps away. Try to get the item to land within your target without rolling away.

Large target = 5 points

Medium target = 10 points

Small target = 20 points



Can you challenge a family member?

Challenge yourself by standing further away from the target

If you don't have beanbags or balls try a pair of socks

Balloon Game

How to play:

Keep the balloon off of the floor for as long as you can.

If the ball touches the floor start again.

How many touches of the balloon can you get before it hits the floor?



Can you encourage the rest of your family to take part?

How many different body parts can you use?

Can you keep the balloon in the air for more than 60 seconds?

Our resources are available weekly to download from the Active Schools website. Each week we will focus on a new activity/sport. All resources are designed to provide ideas to support you and your family to remain active at home.

If you would like anymore information or support to stay active at home please visit:

activeschoolssa.co.uk

or contact us on

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