

Active at Home

We all know the benefits of being physically active and a having healthy diet.

When times are tough and it is difficult to get outdoors, it can be quite tricky to come up with ideas to keep the children occupied and active.

With modern technology, there are numerous websites available to support physical activity at home; not just for children, but for the whole family.

Most only take around 5-30 minutes to complete, so it can fit easily into the day.

Here are nine recommended websites to use, along with some fitness challenges!

If you have any of your own that you would highly recommend, please let us know and we can add them to share with everyone else.

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Stay Connected with #ActiveAtHome

Check out our social media channels and tag us in any of your activities

Facebook - ActiveNland.PE.SD

<https://www.facebook.com/ActiveNland.PE.SD/>

Twitter - @ActiveNland_PE

https://twitter.com/ActiveNland_PE

Instagram - activenland.pe.sd

<https://www.instagram.com/activenland.pe.sd/>

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<https://www.nhs.uk/10-minute-shake-up/shake-ups#uHJwgO1eggflsztQ.97>

Disney Wake Up Shake Up games are provided by the NHS. There are lots of short games to keep children active and engaged to coincide with some of their favourite movie characters such as Toy Story or Frozen.

<https://www.bbc.co.uk/teach/super-movers>

BBC Supermovers. Lots of active learning opportunities from Maths to English and a whole range of other subjects. A great learning resource to keep working on your spellings, times tables as well as staying physically active.

<https://www.gonoodle.com/>

GoNoodle is a favourite with lots of teachers but it does also have a good section for parents too. Numerous videos to dance along and learn to, along with some mindfulness videos to bring calm in stressful times!



LES MILLS



<https://www.createdevelopment.co.uk/>

Create development have a huge range of active resources and programmes available such as Jasmine or Real Play which can be accessed and enjoyed by both individuals and schools alike by signing up online. There are 1000's of hours of fun for the whole family.

<https://www.lesmills.com/uk/>

Les Mills UK is an international award winning fitness based programme. There is a free 14 day trial available in the UK and this can be accessed from the link above. There are over 800 fitness based workouts for the whole family to enjoy.

<https://www.thisgirlcan.co.uk/activities/>

This Girl Can is our final stop for some excellent and really engaging fitness activities. The best part about this website is the huge array of different activities that everyone in the family can enjoy. There's everything from Disney Dance-alongs to Hula Hooping and many more.



<https://www.youtube.com/user/CosmicKidsYoga>

Cosmic Kids Yoga is amazing. It is free of charge and is a YouTube channel. Follow the link to go on numerous adventures, ranging from 5 to 30 minutes. There is something for everybody in the family, all based around easy to follow Yoga.



https://www.youtube.com/channel/UChljW4BWKLqpojTrS_tX0mg

Just Dance is available on Youtube, free of charge. There are plenty of songs to choose from for the whole family; they range from easy to difficult. One to get the heart pumping and have a laugh as a family!



<https://www.youtube.com/watch?v=d3LPrhI0v-w&t=126s>

Joe Wicks provides us with lots of online training resources, free of charge. This link will take you to his classroom workouts which are fab and don't take up much of your time





Create your own dance !

Why don't you create a dance to keep you fit and active over the next few weeks ?

If you can, work virtually with friends or in person with those you live with.

Share it with us on social media for us all to learn!



Step 1:

Find a piece of music that makes you want to move and start counting in 8's until you are comfortable you've found the beat.

Step 3:

Create an action sentence/sequence with your chosen words that will fit to the count of 8.
E.g. (4 words) STAMP, STAMP, PUNCH, PUNCH, (1 count on each)
SLIDE and (2 counts) SPIN (2 counts).

There are lots of ways you could do this, can you explore more?

Step 4:

Practice your dance to your music, keep repeating and tweaking to make it even better. Can you add in some changes in direction, SIDEWAYS, FORWARDS OR BACKWARDS? What about changing the height of your dance, HIGH, MEDIUM or LOW.

Step 5 :

Ask 3 online friends or 3 family members to create their own 8 count dance (or repeat this process another 3 times with new action words) and when you've all created your dances teach them to one another and put them together into a 32 count dance and that's as long as your full dance needs to be! Just keep repeating your 32 count dance till the music ends.

Don't forget to add an interesting start and finish pose!

The stage is YOURS!



Step 2:

Pick from 1 to 8 action words. 1 action word is easier through to 8 being the trickiest. Mix up upper, lower, whole body fun action words.

Action words for the lower body:

STEP HOP JUMP SLIDE KICK STAMP SHUFFLE
SKIP PIVOT LEAP BOUNCE TURN STRUT

Action words for the upper body:

STRETCH PUNCH REACH CLAP WAVE POINT
CURL FLICK LOOK PUSH PULL

Action words for the whole body:

FREEZE TWIST TURN DIVE EXPLODE FLOP
CRUMPLE SHAKE SPIN BALANCE

Fun action words :

BANANA LEGS CHICKEN WINGS TIGERS PAWS
TAIL WAG ROBOT ARMS FOOTBALL FEET
BASKETBALL BOUNCE TENNIS SWING YOYO ARMS
Can you make up some of your own?

FUNS - REAL PE

Can you try some of the following fundamentals:-

Cog

Learning Outcome

Personal I cope well and react positively when things become difficult. I can persevere with a task and I can improve my performance through regular practice
I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets
I can accept critical feedback and make changes

Social I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task
I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate appropriately
I can involve others and motivate those around me to perform better

Cognitive I can understand criteria to judge performance and I can identify specific parts to improve. I can use my awareness of space to make good decisions
I have a clear idea of how to develop my own and others' work. I can recognise and develop methods to outwit opponents
I can review, analyse and evaluate my own and others' strengths and weaknesses and I can read and react to different game situations as they develop

Creative I can link actions and develop sequences that express my own ideas. I can change tactics, rules or tasks to make activities more fun or challenging
I can respond imaginatively to different situations, adapting and adjusting my skills, movements or tactics so they are different or in contrast to others
I can effectively disguise what I am about to do next. I can use variety and creativity to engage an audience

Physical I can perform a variety of movements and skills with good body tension. I can link actions together so that they flow in running, jumping and throwing
I can use combinations of skills confidently in sport specific contexts. I can perform a range of skills fluently and accurately in practice situations
I can effectively transfer skills across a range of activities. I can perform a variety of skills consistently and effectively

Health & Fitness I can describe the basic fitness components and explain how often I should exercise to be healthy. I can record and monitor how hard I am working
I can self-select and perform appropriate warm up and cool down activities. I can identify possible dangers when planning an activity
I can explain how individuals need different types and levels of fitness to be more effective in their activity. I can plan and follow my own basic fitness programme.

Personal Best

Set a challenge and a time such as skipping, football keepy ups, star jumps etc and see how many you can do in that time span. Try to beat your score each day so you have a target to work towards..

Become The PE teacher

Create your own challenges and lessons to develop agility, balance and coordination. Children have amazing imaginations and I know they will create some fantastic challenges to share with the family and have a go at.

In The Garden

Circuit Training

Create 5-10 exercises such as star jumps, shuttle runs and squats. Set a time of 1 minute to complete the first exercise, then move onto the second exercise and repeat. A quick way to get the heart pumping!

Active Play

It sounds silly, but there are so many benefits from being outside and simply playing! It makes a nice change from being indoors.

SPELL YOUR NAME WORKOUT

**KEEP ACTIVE AT HOME WHILST IN ISOLATION/QUARANTINE
TAG US IN YOUR VIDEOS**

A: 10 Burpees

B: 1- Minute Plank

C: 20 Push- Ups

D: 40 Jumping Jacks

E: 15 Squats

F: 3 Minute Wall Sit

G: 15 Crunches

H: 30 Calf Raises

I: 20 Body Squats

J: 20 Mountain Climbers

K: 15 Tricep Dips

L: 1 - Minute Plank

M: 20 Lunges

N: 30 Second Plank

O: 20 Push Ups

P: 25 Arm Circles

Q: 15 Side Lunges

R: 10 Burpees

S: 20 Mountain Climbers

T: 20 Jump Squats

U: 1 Minute High Knees

V: 40 Jumping Jacks

W: 15 Tricep Dips

X: 15 Crunches

Y: 3 Minute Wall Sit

Z: 30 Calf Raises

Reception

Challenge Card 1

JOGGING

High knees and drive arms
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 10



FRONT BRIDGE

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 10



JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together
Land with soft feet & bent knees



CHALLENGE

To do 10 with the correct technique



SINGLE LEG BALANCE

Stand on 1 leg with arms out to the side
Hold balance by keeping still



CHALLENGE

Hold for the count of 10 on each leg



STAR JUMPS

Jump with your arms and legs out to make a star shape
Jump back in to start position



CHALLENGE

To do 10 with the correct technique



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Challenge!

Can you be active today? What games could you play?

Year 1

Challenge Card 3

STAR JUMPS

Jump with your arms and legs out to make a star shape
Jump back in to start position

CHALLENGE

To do 14 with the correct technique



FRONT BRIDGE

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight



CHALLENGE To hold for the count of 18



BACK BRIDGE

Hands and feet only on the floor
Lift up body by pushing hips to the ceiling



CHALLENGE To hold for the count of 12



HOPPING

Stand on 1 leg keeping your balance
Hop up and down landing gently bending knees



CHALLENGE

To do 10 on each leg



JOGGING

High knees and drive arms
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 12



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Challenge!

Have you eaten 5 pieces of fruit and veg today?

Challenge Card 4

STAR JUMPS

Jump with your arms and legs out to make a star shape
Jump back in to start position



CHALLENGE

To do 16 with the correct technique



JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together
Land with soft feet & bent knees



CHALLENGE

To do 14 with the correct technique



ARM CIRCLES

Create circles by rotating your arms
Make sure your fingertips touch at the top



CHALLENGE

To do 10 both forwards and backwards



FRONT BRIDGE

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 22



BACK BRIDGE

Hands and feet only on the floor
Lift up body by pushing hips to the ceiling



CHALLENGE

To hold for the count of 14



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Did you know?

It's really important to get lots of sleep so our bodies can rest and get stronger

Year 3

Challenge Card 6

STAR JUMPS

Jump with your arms and legs out to make a star shape
Jump back in to start position

CHALLENGE

To do 18 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



FRONT BRIDGE

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight



CHALLENGE

To hold for the count of 24

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REVERSE GET UPS

Lie on your front with hands level with shoulders
Push up into a front bridge bringing knees into chest
Stand up with arms above head then return safely to the floor



CHALLENGE

To do 10 with the correct technique

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

JUMPING FORWARDS & BACKWARDS

Jump in a forwards/backwards direction keeping feet together
Land with soft feet & bent knees



CHALLENGE

To do 12 jumps in each direction

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

JOGGING

High knees and drive arms
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 15

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Hearing nice things about ourselves makes us feel good!
Can you say something nice to someone today?

Year 4

Challenge Card 7

SUPERHERO BALANCE

Put 1 arm straight out in front & lift opposite leg back

Lean forward as far as you can keeping your balance



CHALLENGE

To hold for the count of 8 on each leg



WINDMILL

Bend forwards from the hips
Keep arms out wide like an aeroplane & move hand to opposite ankle
Bend knees slightly to touch ankle



CHALLENGE

To touch each ankle 8 times



JUMPING FORWARDS & BACKWARDS

Jump in a forwards/backwards direction keeping feet together
Land with soft feet & bent knees



CHALLENGE

To do 14 both forwards and backwards



BACK BRIDGE

Hands and feet only on the floor
Lift up body by pushing hips to the ceiling



CHALLENGE

To hold for the count of 18



STAR JUMP/ TOUCH FLOOR

Jump out into a star shape
Jump back in to start position
Bend knees into a crouch position to touch the floor

CHALLENGE

To do 12 with the correct technique



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Challenge!

Have you eaten 5 pieces of fruit and veg today?

Challenge Card 11

SUPERHERO BALANCE

Put 1 arm straight out in front & lift opposite leg back

Lean forward as far as you can keeping your balance



CHALLENGE

To hold for the count of 12 on each leg



Open with ▾

REVERSE GET UPS

Lie on your front with hands level with shoulders

Push up into a front bridge bringing knees into chest

Stand up with arms above head then return safely to the floor



CHALLENGE ▷

To do 14 with the correct technique



FRONT BRIDGE ONE ARM

Hands and feet only on the floor

Lift up and hold body keeping back and arms straight. Lift up one arm keeping your body straight and still



CHALLENGE ▷

To hold for the count of 10 on each arm



JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together

Land with soft feet & bent knees



CHALLENGE

To do 18 with the correct technique



STAR JUMPS

Jump with your arms and legs out to make a star shape

Jump back in to start position



CHALLENGE

To do 22 with the correct technique



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Did you know?

Our heart keeps blood and oxygen moving around our body. You can look after it by eating a good diet and getting 60 minutes of exercise each day!

Challenge Card 12

JOGGING

High knees and drive arms
Soft feet by keeping heels off the floor



CHALLENGE

To jog for the count of 21



BACK BRIDGE SINGLE LEG

Place 2 hands and 1 foot on the floor
Lift up body by pushing hips to the ceiling and keep one leg outstretched



CHALLENGE

To hold for the count of 10 on each leg



HOPPING SIDWAYS

Stand on 1 leg keep your balance
Hop from side to side bending the knees when landing



CHALLENGE

To do 12 on each leg



SINGLE LEG BALANCE & DIP

Stand on 1 leg with arms out to the side
Bend standing leg and hold



CHALLENGE

Hold at the bottom of the dip for the count of 8 on each leg



REVERSE GET UPS

Lie on your front with hands level with shoulders
Push up into a front bridge bringing knees into chest
Stand up with arms above head then return safely to the floor



CHALLENGE

To do 16 with the correct technique



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a box each time you complete a challenge

Did you know?

It's really important to get lots of sleep so our bodies can rest and get stronger

Early Level

▶ **Problem Solving** - Can you help your parents match the socks that come out of the washing machine

▶ **Focus & Concentration** - Can you walk to school and count how many red cars you see

▶ **Decision Making** - Can you go to the park and decide which is the fastest way to slide down the chute

▶ **Creativity** - Can you make an obstacle course in the park or your garden.

▶ **Motivation** - Try to improve your time balancing on one leg

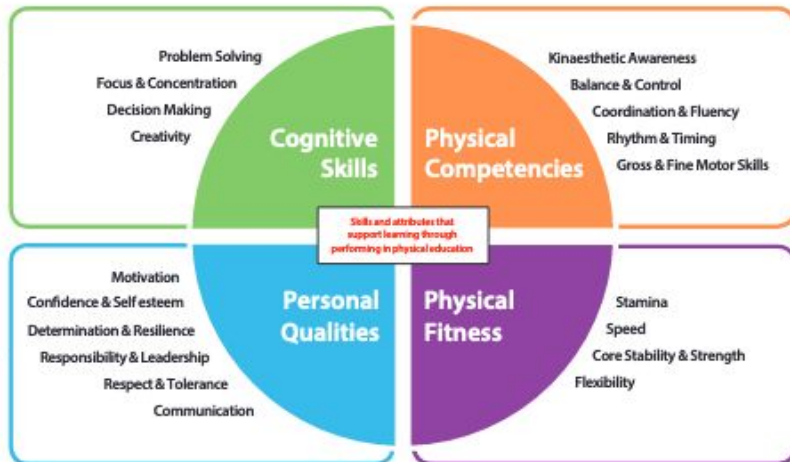
▶ **Confidence & Self Esteem** - Can you help your parents pack your bag for school/nursery

▶ **Determination & Resilience** - Can you complete a jigsaw puzzle without stopping or any help

▶ **Responsibility & Leadership** - Can you take your parents to the park and play 'follow my leader'

▶ **Respect & Tolerance** - Can you let your parent take the lead during 'follow the leader'

▶ **Communication** - Can you explain to your parents what you love the most about playing physical games



▶ **Kinaesthetic Awareness** - Can you run with one sheet of newspaper on your tummy and keep it there with no hands?

▶ **Balance & Control** - Can you Balance on 1 Leg for 5 seconds

▶ **Coordination & Fluency** - Can you throw an object up and catch it? Can you clap before you catch it?

▶ **Rhythm & Timing** - Can you jump 5 times, then clap 4 times at the same time as someone else?

▶ **Gross/ Fine Motor Skills** - Can you jump off something at the play park and land on 2 feet ?

▶ **Stamina** - Can you run on the spot for 1 minute without stopping?

▶ **Speed** - Can you run on the spot as slow as you can for the count to 5, then run as fast as you can for the count to 5?

▶ **Core Stability & Strength** - Can you hold a press-up position for 10 seconds

▶ **Flexibility** - Can you touch your toes whilst sitting down with straight legs?
Can you touch your toes whilst standing up?

First Level

▶ **Problem Solving** - Can you pack your school bag by yourself and then have your parents check it

▶ **Focus & Concentration** - Can you recall the alphabet out loud whilst music is playing in the background

▶ **Decision Making** - Can you decide between which 2 games you can play with your parents

▶ **Creativity** - Can you build a secret den using blankets and things that are around your house or garden

▶ **Motivation** - can you walk to school everyday for a whole month

▶ **Confidence & Self Esteem** - can you arrange to meet your friend and walk to school together

▶ **Determination & Resilience** - Can you convince your parents to walk to school even in bad weather

▶ **Responsibility & Leadership** - Can you find a different route to walk to school

▶ **Respect & Tolerance** - Can you do a favour for one of your neighbours

▶ **Communication** - Can you ask your parents about what they did today when you were at school



▶ **Kinaesthetic Awareness** - Can you take 3 pictures of yourself, showing the tallest shape you can, the smallest shape you can and the widest shape you can?

▶ **Balance & Control** - Can you balance on one foot on a mattress on the bed for 5 seconds?

▶ **Coordination & Fluency** - Can you perform hop scotch. Landing on 1 foot - 2 feet, 1 foot - 2 feet - 1 foot - 2 feet?

▶ **Rhythm & Timing** - Can you jump, jump clap - jump, jump clap at the same time as the music from Queen - We will rock you. Can you now try it with no music?

▶ **Stamina** - Can you do 30 star jumps without stopping?

▶ **Speed** - Can you run do 10 star jumps faster than an adult at home?

▶ **Core Stability & Strength** - Can you hold the plank on 1 elbow and one foot (keep your legs and belly off the ground)?

▶ **Flexibility** - Can you sit on the floor with your legs wide apart, how low can you get your chest to the floor

Second Level

- ▶ **Problem Solving** - Can you arrange a games night for your family
- ▶ **Focus & Concentration** - Can you spell words whilst throwing and catching a ball between you and your family
- ▶ **Decision Making** - Can you organise your bedroom to help keep it tidy
- ▶ **Creativity** - Can you invent a new game with your parents that involves a ball and a scoring system

- ▶ **Motivation** - can you and your family take a 15 minute walk after dinner at least twice a week
- ▶ **Confidence & Self Esteem** - can you list five things that you excel at in life
- ▶ **Determination & Resilience** - Can you select 2 things that you will improve at home during this school term
- ▶ **Responsibility & Leadership** - Can you take a food shopping list and with your parents support complete the shopping
- ▶ **Respect & Tolerance** - Can you choose some of your toys or games that you haven't used for a while and donate them to charity
- ▶ **Communication** - Can you write a letter to a member outside your immediate family and post it to them



- ▶ **Kinaesthetic Awareness** - Can you do 3 Full Turn jumps on the spot, at the same speed and landing with control (no falling)?
- ▶ **Balance & Control** - Can you jump from the ground onto the couch/ bed, landing taking off 2 feet and landing on 2 feet without falling?
- ▶ **Coordination & Fluency** - Can you balance on one leg and move your arms like a windmill in opposite directions?
- ▶ **Rhythm & Timing** - Can you do 3 jumps, straight into a forward roll then straight into 3 jumps again?
- ▶ **Gross / Fine Motor Skills** - Can you get someone to throw a ball to you and hit it with a bat? Can you mark where the ball lands and beat this target?

- ▶ **Stamina** - Can you time how long you can run on the spot without having to stop
- ▶ **Speed** - How quickly can you complete 10 press-ups and 10 sit-ups
- ▶ **Core Stability & Strength** - Can you carry the shopping bags into your kitchen for your parents
- ▶ **Flexibility** - Can you do a backbend or crab