

Staying active ideas!

Always make sure you have plenty of room around you when playing these games and ask an adults permission before playing.

Animal walk

Think of all the different types of animals you get in the sea or on the beach.

Try and move like these animals.

How many different animals can you move like?

To make it more of a challenge see how long you can move like them for. Make yourself a course that you have to get round while moving like those animals.

This is great for keeping your core muscles active and focusing on different ways to move.

Outdoor exercise ideas

Being outside is great for the mind as well as physical health. It is important to stick to social distancing guidance when outside. Here are some ideas:

Going out on a bike

Going out on a scooter

You could set yourself personal challenges or create obstacle courses that you have to get through. With an adult try building a ramp.

This is great for physical fitness.

Personal best challenge

This is about core strength and beating your personal best. You could use any type of ball for this, however, football will be best.

Using a football how long can you keep it off the ground?

You could do keep it off the ground with your feet, knees, head.

You are not allowed to just hold it!

Try recording your results and see if you can beat them by the end of the week.

Personal best is about challenging yourself and bring proud of your own achievements.