

Staying active ideas!

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

Dance

You need music of your choice. Dancing is great for your stamina and physical health. It is also great for your mental health, it helps to keep you happy and makes you want to smile!

Simply put the music on and dance!

You can change to different types of music and see if you can dance in different ways.

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 of games that you can play:

IT

Stuck in the mud

Hide and seek

These is great for physical fitness and stamina.

Personal best challenge

This is for hand-eye coordination. You need a ball you can catch if you don't have one use a pair of socks balled up or a ball of tinfoil.

Throw the ball into the air

Clap your hands

Catch the ball

How many times can you do this without dropping it?

Try recording your results and see if you can beat them by the end of the week. You could also try adding in more claps as a challenge.

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