

## Staying active ideas!

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

### The floor is lava

This is a great game for stamina, balance and coordination.

You have to move to a set place in the room without touching the floor

THE FLOOR IS LAVA

You can make 'stepping stones' using blankets or clothes etc.

You can make this harder by balancing something on your head or hand while moving around.

### 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. This is a chalk obstacle course, where you have to draw what you have to do onto the floor and then you and others have to follow the instructions.

Get your chalk and write instructions on the floor

For example, jump, twist, leap, turn, step

Draw arrows and directions to help guide and remind you of the trail

Make it more difficult by adding in numbers and using trickier movements such as hopping and skipping.

These is great for physical fitness and stamina.

### Personal best challenge

This is great for core strength. Doing the plank is really good for your body and resilience. **YOU CAN DO IT!**

Get yourself in the position for a plank

How long can you hold it for?

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.