



# Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
- Which were the children's favourite activities? Which were the adults'? Have you made up any games? Let us know how you're getting on by tweeting @PENetworkUK and we'll share!
- We're still trialling this resource, but have made it publicly available for free due to the current COVID-19 situation. Please let us know what you think of these activity sheets. Which were the best bits? Any problems? You can do this by emailing [helen@penetwork.co.uk](mailto:helen@penetwork.co.uk)



# Moving to Music

## You will need:

Some music



Try doing some or all of the activities on this sheet. What is your favourite type of music to move to?

Put on your favourite music and dance!

**Move to the music**



Can you feel your heart beat faster?  
Are you breathing harder?



BBC Supermovers has some fantastic videos to get you moving. Check out [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)



## Try an App!

If you want a regular cardio and strength workout but struggle to fit one in, try an app such as the 7 Minute Workout. It's a great idea and easy for all the family to join in!



**Traffic lights**



Give each colour an action such as:

**Red – dance with a partner**

**Yellow – do the twist**

**Green – Ballet move**

Practise the actions before the start of the game.

Put on some music and move freely. On the call of "red," "yellow," or "green", players do that action (it doesn't matter if you get it wrong - that's part of the fun!).

The variations of this game are endless. Other traffic light actions could be: Jump, hop, run to a specific corner of the room.

Let everyone come up with ideas!

**Make it harder!**

Put on some faster music



Do you have a games console at home? Nintendo Wii, Xbox and PlayStation all have games that can be played as a family such as Just Dance, Wipe Out, Wii Fit and Zumba

Fitness. They can be lots of fun too. Do you have any forgotten games at home that can be dusted off and used to help you become more active?





**Active Families**

**Home activity**



**Dancing chain**

Everyone stands in a circle. One player starts the dance chain by making a simple dance move such as waving a hand in the air or jumping once.

copying both actions. Keep going, adding a new move each time, until an entire dance routine has been created.

Everyone copies the action in turn. Once the entire circle has done it, the next player to the left leads by repeating the move and adding a move of their own. Go round the circle,

If everyone is good at remembering the moves, you could end the game with the whole circle performing the routine together.



**Musical statues**

Put on some music to dance to. Everyone dances until the music stops. When it does, players have to freeze in whatever position they find yourselves in – even if it's hard to balance!

The first person to move is 'out'. The last player left standing is the winner.

A variation on this game is Musical Bumps. When the music stops, players must sit on the floor as quickly as possible. The last one to sit down is out!

**Make it harder!**

Ask players to freeze in specific poses: animals, shapes, letters or even yoga poses.

Join [www.gonoodle.com](http://www.gonoodle.com) for lots of family dance videos to join in with together. It's free and lots of fun!



10 minute missions

from your favourite Disney Pixar characters. Can your family take on The Incredibles?

[www.24hourchallenge.com](http://www.24hourchallenge.com)



**Walking challenge: Optional Week**

Can you plan a walk using the Walk-it website? This great website will create a route map between any two points, or a circular route, and will give you details about your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

[Walkit.com](http://Walkit.com)

# Cool Down

“Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently.”



Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky – stand on your tip toes!
- Bending down to touch your toes – try to keep your legs straight!



Next, loosen up by doing some gentle neck circles:



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## How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

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## How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.

Shake off the rest of your energy through your finger and toes.

Well done!



[See how it's done:](#)



Cool down

Blank lined writing area with a blue border.

Blank lined writing area with a green border.



Blank lined writing area with a green border.

Blank lined writing area with a blue border.

Blank lined writing area with a red border.

Record your own games!

