



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



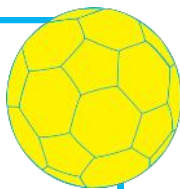
Ball Games

You will need:

A ball

Some markers for goals – you could use jumpers

Some used plastic bottles



Catch

How many times can you throw and catch the ball between two people?

Did you know?

Regular physical activity reduces the risk of heart disease and other medical conditions e.g. diabetes and asthma.

Try doing some or all of the activities on this sheet. Which games are new? Which of these games is your favourite?

Make it harder!

Throw between three, four or more people. Add another ball, a beanbag or rolled-up socks so there are two (or more) things going round.



Striker!

The more people you have the better. Get everyone in your family involved!

Set up two goals and make sure there is space behind each set of goal posts as well. Divide the players into 2 teams. The game is played similar to football but there are a few major differences:

- The ball must stay on the ground and

can **only be moved by hitting it with your hand.**

- If the ball is **accidentally kicked**, it is an automatic point to the opposing team.
- Goals can be scored from **either side of the goal posts**; as long as the ball passes between them, a point is scored.



Bowling

This is a great way to re-use plastic bottles. Fill them with an inch or two of water to make them stand up reliably. Don't forget to screw the tops on tightly!

- Arrange the bottles in a triangle
- Mark the starting line with chalk and start bowling! You can play as a team or as individuals – keep score as you go along.
- To play indoors, use masking tape to mark the start line and use a softer ball.



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



Home activity

Ball Games





Home activity

Hot potato

Standing in a circle, try to keep the ball in the air as much as you can. Shout “Hot Potato” as you throw the ball or beanbag from one person to another. You can play this game to music and when the music stops, the person holding the potato is ‘out’.



Make it harder!

The last person left is the winner!

Play faster music, or make the circle bigger.

Did you know?

You don't have to do it all at once! Spread activity throughout the day—10 minute chunks all add up and are just effective, so

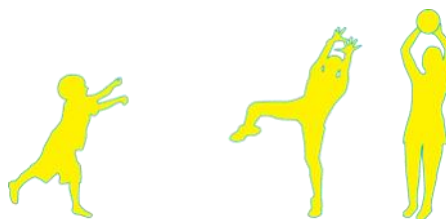
sit less and move more!



See how it's done:



Piggy in the middle



Two people throw the ball to each other. A third player stands in between them (“Piggy”) and tries to catch the ball before the other player.

When Piggy catches the ball, they take the place of the player who missed it, who then becomes “Piggy”.

Make it harder!

The two throwers stand further away from each other, or use a smaller ball.



Walking challenge: Week 3

Do you remember where you walked to last? Can you beat your time?

Try walking a little bit further away each time. What interesting things can you spot on your journey that you don't normally notice when travelling by car or bus?

How much further did you walk?

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:



1

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

2

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



Record your own games!

