



2-Week Home Activity Pack (Autumn 1)



***Providing a Fitter, Healthier & Happier
future!***

www.time4sportuk.com

FREE RESOURCES Due to a number of classes/families needing to self isolate. [Time 4 Sport](http://www.time4sportuk.com) are supporting everyone with the opportunity to access a variety of PE, PA, Sport & Healthy Wellbeing content. Encouraging children/families to be fitter, healthier and happier.

This is our first 2-week home activity pack. A new pack will be sent out every half term.

We at Time 4 Sport have also be uploading a weekly #T4Schallenge on our youtube channel.

In addition we share useful health and wellbeing content, which will support your family to lead a healthier lifestyle.

Please take time to like, follow and subscribe now, so you see these updates on your feeds.

www.facebook.com/time4sportuk

www.twitter.com/time4sportuk

www.instagram.com/time4sportuk

[Youtube Link](#)

Change 4 Life:



Start making healthier changes today!

Here are a few things to get you started, just click the green links:

- sign up and [join Change4Life](#)
- download the [Food Scanner app on Google Play](#) or [Food Scanner app on the App Store](#)
- browse [our recipes](#)
- play one of our [10 Minute Shake Up games](#)
- learn how to [make a sugar swap](#)

A GOOD WAY TO ENSURE YOU STAY FIT AND HEALTHY IS TO KEEP A RECORD OF WHAT YOU EAT, DRINK & HOW MUCH EXERISE YOU DO.SEE BELOW THE FOOD & FITNESS LOG! IT IS RECOMMEDED CHILDREN DO 60 MINUTES OF EXERCISE A DAY AND 30 X 5 FOR ADULTS. SEE THE SPECIFIC GUIDELINES HERE: [0-5](#), [5-18](#), [19-65](#) & [65+](#).

RECEPTION

CLICK THE LINKS FOR SOME GREAT VIDEO BASED IDEAS.

DANCE

The Alphabet Dance

<https://www.youtube.com/watch?v=VloEiK4lhj8>

FITNESS

Super Mario Workout

<https://www.youtube.com/watch?v=j363GqSeAho>

YOGA

Banana Yoga

<https://www.youtube.com/watch?v=40SZl84Lr7A>

DANCE

Fruit Dance

https://www.youtube.com/watch?v=gN3pn_alymA

FITNESS

Battle Ships

<https://www.youtube.com/watch?v=oD0si0ucDCQ>

YOGA

Coco The Butterfly

<https://www.youtube.com/watch?v=pT-s1-phgxs>

Yr1:

DANCE

Baby Shark

<https://www.youtube.com/watch?v=ulXXqMwmEVI>

FITNESS

Batman Workout

<https://www.youtube.com/watch?v=8dLNbAcMqzc>

YOGA

The Fox Yoga

<https://www.youtube.com/watch?v=XU1y7pX7dNo>

DANCE

Jungle Boogie

<https://www.youtube.com/watch?v=VIDcRSutPsE>

FITNESS

Born to do it

<https://www.youtube.com/watch?v=GHCqRsrQwNU>

YOGA

Rainbow Yoga

<https://www.youtube.com/watch?v=dF7O6-QabIo>

Yr2:

DANCE

Trolls

<https://www.youtube.com/watch?v=KhfkYzUwYFks>

FITNESS

Toy Surprise Workout

<https://www.youtube.com/watch?v=nvfjR3Rc7Q>

YOGA

The Detective

<https://www.youtube.com/watch?v=pTQcOLQeEbU>

DANCE

Lets Exercise

<https://www.youtube.com/watch?v=6e2ibUq65tA>

FITNESS

Les Mills

<https://www.youtube.com/watch?v=GHCqRsrQwNU>

YOGA

Mindcraft Yoga

<https://www.youtube.com/watch?v=02E1468SdHg>

Yr3:

DANCE

Bollywood Dance

https://www.youtube.com/watch?v=zodMIu0_CfI

FITNESS

Mummy & Me

<https://www.youtube.com/watch?v=tj4ew7n42Bg>

YOGA

Trolls Yoga

<https://www.youtube.com/watch?v=U9Q6FKF12Qs>

Gangnam Style

<https://www.youtube.com/watch?v=FRAJCt27dpw>

FITNESS

Super Heroes

https://www.youtube.com/watch?v=f9KqF_11EYc

YOGA

Spider Yoga

<https://www.youtube.com/watch?v=fnO-lGEMOXk>

Yr4:

DANCE

We are so Fly!

<https://www.youtube.com/watch?v=kVGp7WGUMi8>

FITNESS

Family Blast

<https://www.youtube.com/watch?v=5if4cj05nxo&feature=youtu.be>

YOGA

Unicorn Yoga

<https://www.youtube.com/watch?v=RL000jGAM1s>

DANCE

Macarena

<https://www.youtube.com/watch?v=SWHS4HsgnUk>

FITNESS

Core Kids Fitness (Repeat x 3)

https://www.youtube.com/watch?v=ju8W_SX_wy4

YOGA

School Yoga

<https://www.youtube.com/watch?v=XQ4b04TYO60>

Yr5:

DANCE

Happy

https://www.youtube.com/watch?v=G74_o43RQ

FITNESS

Circuit Workout

https://www.youtube.com/watch?v=_97QFX3w1E4

YOGA

Space Yoga

<https://www.youtube.com/watch?v=LZAaZDVqCiA>

DANCE

Waka Waka

https://www.youtube.com/watch?v=gCzgc_RelBA

FITNESS

Jumping Jax

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

YOGA

Star Wars Yoga

<https://www.youtube.com/watch?v=coC0eUSm-pc>

Yr6:

DANCE

I Feel Alive

<https://www.youtube.com/watch?v=RCgtcEz6SGk&feature=youtu.be>

FITNESS

10 Daily Exercises

<https://www.youtube.com/watch?v=h3Xrtm0IVnY&feature=youtu.be>

YOGA

Stretch out Yoga.

<https://www.youtube.com/watch?v=VaoV1PrYft4>

DANCE

Senorita

<https://www.youtube.com/watch?v=s0fNRdQtY-A>

FITNESS

Less Mills

<https://www.youtube.com/watch?v=9WgkiB-GQMI>

YOGA

Teen Yoga

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

FAMILY FITNESS CARDS

Great physical activity challenge cards for all the families.

[Greenacre Sports Partnership Cards](#)

[Wow Activity Cards](#)

OTHER ADDITIONAL LINKS:

Joe Wicks Work out. Every weekday morning at 9am the body coach will be hosting a live workout session for children on his YouTube Channel. [Click Here.](#)

[Olympics FREE Get Set Activities](#)

[Reception-Year 2 Move More Activity Challenges](#)

[Year 3 – Year 6 Move More Activity Challenges](#)

[100 Activities to do indoors](#)

[Forest School Activities](#)

[Ball Games](#)

[10 Tig Games](#)

[Indoor Energy Games](#)

[Sesame Street Activities](#)

[Year 1 & 2 Cross Curricular Super Movers](#)

[Year 3, 4, 5 & 6 Cross Curricular Super Movers](#)

[Youth Sport Trust Free Home Resources.](#)

[Go Noodle Activity Channel](#)

[Childline Calming Activities](#)

[Youngminds – Positive Wellbeing Sheet](#)

[PL Resources](#)









[Change 4 Life – Healty Recipes](#)

FAMILY ACTIVITIES

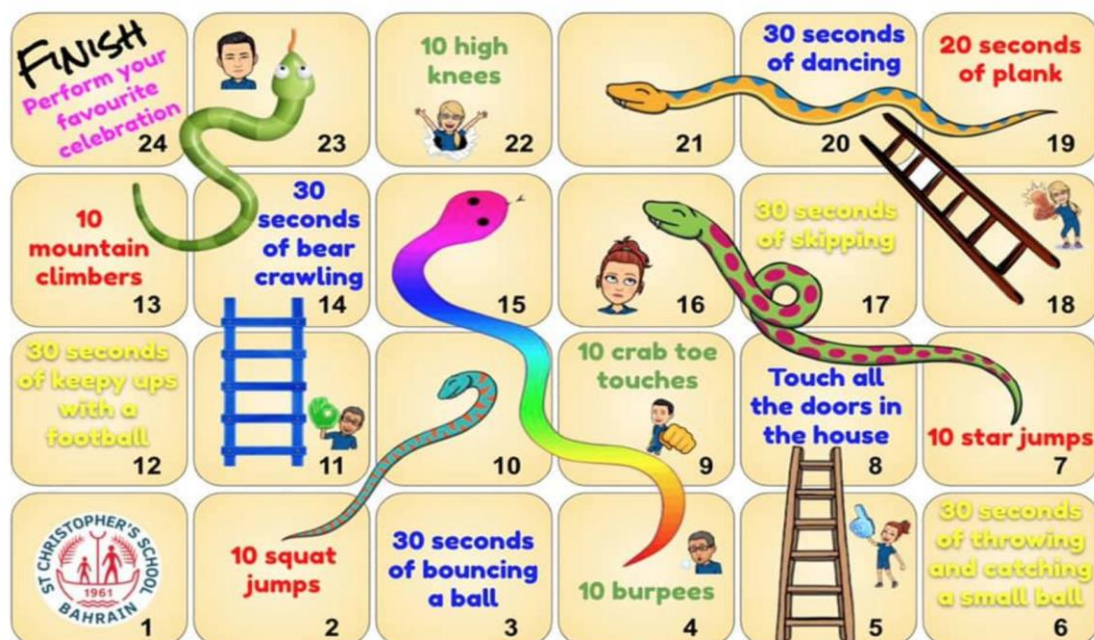
Strength & Endurance Exercises

Test yourself against your family. Focus on your technique then time yourself.

Before you start these exercises, it's important to make sure you do the movements properly. These exercises can help develop strength and endurance. Click on the fitness skills to have a visual on how to perform them.

| | | |
|---------------------|---|---|
| Running |  | <ul style="list-style-type: none"> Stand up tall with core tight Shoulders and arms are relaxed and swing naturally Breathe rhythmically, filling the belly |
| Push-ups |  | <ul style="list-style-type: none"> Keep body in a straight line, with arms a bit wider than shoulder width Arms fully extended at the top Chest close to the floor at the bottom |
| Plank |  | <ul style="list-style-type: none"> Keep body in a straight line Keep knees off the ground Keep weight evenly distributed between elbows/forearms and feet |
| Donkey Kicks |  | <ul style="list-style-type: none"> Start from standing position, move hands to the floor slightly wider than shoulder width Kick the feet off the ground and move them back in the air Stand up straight at the end |
| Jumping |  | <ul style="list-style-type: none"> Start with your feet at shoulder-width and keep heels super-glued to the ground Bend your knees and squat deep Use arms by bringing them back and driving them forward to initiate the jump Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips |
| Burpees |  | <ul style="list-style-type: none"> Drop into a push-up, keeping the body straight Jump up to stand with feet moving between the hands Stand up tall, jump up and clap hands above head |
| Squats |  | <ul style="list-style-type: none"> Keep heels super-glued to the floor Squat deep to get your knees at a 90-degree angle to the floor Keep your back arched like a superhero |
| Crunches |  | <ul style="list-style-type: none"> Keep core contracted through the entire movement Elbows are wide, don't pull on your head or neck Imagine bringing your ribcage toward your hips |

Fitness Snakes & Ladders



Indoor Scavenger Hunt

INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



5 Ways of Wellbeing Family Activity Sheet

Taking care of your families mind as well as their body, is essential during these unprecedented times. Watch the video and work through this activity sheet to help with your families Mental Health! 😊

<https://www.youtube.com/watch?v=lmsSzwRS7EI>

[illegible]

OCTOBER HALF TERM



Time 4 Sport October Kids Camp Booking is Now Live:

We are delighted to confirm that the Time 4 Sport October Holiday Kids Camp booking is now LIVE!

Open to children aged 4-12.

This October we will deliver holiday kids camps in:

- Trentham
- Blythe Bridge
- Penkhull
- Stone

We do have limited capacity at all venues so we suggest to book early to avoid disappointment!

For full information and to book follow the link below!

Children will obviously need to be out of the self isolation period to attend.

www.time4sportuk.com

SCHOOLS

If your school requires a high quality, consistent and hassle free PE, Sport, Health & Wellbeing provider going forwards please get in touch.

Our full range of services can be found at
<https://www.time4sportuk.com/school-services/>.

JOIN OUR MAILING LIST

To ensure you don't miss out on any of this material and to be the first to here about all of our services. Including discounts on our holiday clubs. Click on the link below and send us your details and we will add you to our mailing list. 😊

[ADD ME TO THE MAILING LIST](#)

We hope you enjoy all resources provided. Remember if we stay positive, do our best and all work together we can get through this.

Wishing you all good health and happiness.

The Time 4 Sport Team! 😊



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