

Simple activities that you and your family can do to stay active

Space Hunters

Let's get moving with your family in the space you have available. Start by hunting for empty space moving however you like and trying to stay away from other people and objects. Continue moving until someone yells "FREEZE". Stop as quickly as you can and see who has the most space. Continue with the game using different ways of moving i.e. running, skipping, crawling or be your favourite animal.



Brain Break: Thumbs Up



With your right hand give yourself a thumbs up, with your left hand point your index (pointer) finger in front of you; you can do this by yourself or with a partner. When the command "Switch" is called, switch sides so that now your left hand is doing a thumbs up and your right hand is pointing. Check you do not have guns with both your thumbs pointing up. Increasing the speed to challenge yourself!

Running

Explore running at different speeds of running in an open space you have available to you. Start at a slow jog and slowly increase your speed until you are running at 100%. When you are running focus on smooth movement with quiet feet and a straight spine and a still head.

When you have finished notice how your breath and heart rate has changed, what can you do to slow down and get ready to try again?



Core Movement



OVERHEAD ARMS



EAGLE POSE



BOW POSE



KNEELING OVERHEAD ARMS



CONSTRUCTIVE REST