

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

Imaginative Movements

As a family you're going to try some imaginative movements in an outside space you have available. Each person in the family gets an opportunity to pick a way of moving i.e. carrying a heavy load, creeping or skating on ice. Think of your Space Hunters game from last week, and try to move around in your own space being mindful of others.



Brain Break: Hip Hop



Stand with your feet shoulder width apart, lift your right foot behind your body, then touch it with your left hand; return it to the ground. Lift your left foot up behind your body and then touch with your right hand; return it to the ground. Repeat this again and try to speed up each time. If you are finding that you are speeding up but it isn't working as well, slow it down

Tennis ball catching and throwing

With a tennis ball or a pair of rolled up socks, start throwing it up in the air and then catching it and repeat. Start off with small throws and two hand catches, once you have that down challenge yourself to do bigger throws. If you drop the ball, make the throws smaller again. Repeat using both your right and left hands. See if you can notice the difference between the two sides.



Core Movement



GORILLA POSE



CRANE POSE



CAMEL POSE



CHILD POSE



STAR POSE