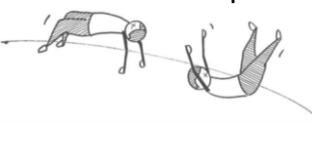




Cycle Your Bike 10 minutes	Go for a Walk 15 minutes	Throw a ball with someone 10 minutes	Run 5 minutes
Shadow Move 	Walk the Line 	Crabs and Octopuses 	Seashore Sequence 
Active Housework/ Active Work Outside 10 minutes	10 sit ups -rest- 10 more if you can	Draw your own Hopscotch with chalk and play	10 wall press ups -rest- 10 more if you can
Other:			

Games Instructions

Shadow Move

Equipment Needed

Small obstacles such as soft toys, cushions or other small items.

How to play

Place various small obstacles within the playing area. Invite someone at home to shadow your

movements. Include movements such as running, stopping, skipping or rolling. Perform these at various levels (high, middle, low).

Lead your partner to jump over the obstacles in the playing area.

Include different ways of jumping, for example, two feet to two feet, one foot to two feet, one foot to the other foot, one foot to the same foot.



Walk the Line

Equipment Needed

A line on the ground (this could be a line on your kitchen tiles, wooden floors, on the footpath, in the garden or use chalk to draw a line in the playing area).

How to play

Walk along a line on the ground, one foot in front of the other. Imagine that you are a tightrope walker.

Include some of these balancing activities

- Turn fully around in the middle of the line without losing balance or toppling off the line.
- Stretch out your arms in front of you and stand on one foot with your eyes closed.
- Hold a wide shape for a count of three as you balance on the line.
- Play a clapping game or 'Rock, paper, scissors' with someone opposite you.



Crabs and Octopuses

Equipment Needed

A soft surface such as a carpet, mat or grassy area.

How to play

Can you try to move like a crab or an octopus? To move like a crab, start by squatting down close to the ground. Lean backwards and place your hands on the ground behind you. You should look like a table top. Now walk sideways, moving your left hand and foot together followed by your right hand and foot together. Hold your bottom off the ground and keep your back straight. Have a race with someone at home. To move like an octopus, start in the seated position on the floor. Lift both legs off the ground at the same time while wiggling your legs and arms.



Seashore Sequence

Equipment Needed

No equipment needed.

How to play

Imagine that you are at the seashore. Think about what you see, hear, smell and touch. Imagine that you are moving on the sand or in the water and create a sequence that includes the following:

- Travel for ten seconds- walk, crawl, skip, hop
- A balance on two body parts
- A jump of your choice
- A wide shape like a starfish or octopus
- A roll of your choice



Invite someone at home to complete your sequence with you.

