

## Physical Development Ideas at home

Children and young people need to do 2 types of physical activity each week:

- **aerobic exercise**
- **exercises to strengthen their muscles and bones**
- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

## Internet

- **Go Noodle** GoNoodle® gets kids up and moving to fun, engaging content and games. Every dance party, yoga session, mindfulness activity, and game session is an opportunity for kids to wake up their bodies, engage their minds, and be their best. <https://family.gonoodle.com/?ca=true>
- <https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/classroom-activities/> This resource provides a variety of indoor physical activities to get children moving and having fun—from very simple play for toddlers and infants, to more challenging activities for preschoolers.
- **Super movers** <https://www.bbc.co.uk/teach/supermovers> Fun curriculum linked resources to get your class moving while they learn

## Games and other activity ideas

- Make an assault course using furniture, blankets, hoops
- Hide small objects (i.e. clothes pegs) around the house and go hunting for them.
- Go for walks in rural areas and woodland etc
- Stack and unstack paper/plastic cups
- Make 'islands' out of the furniture and use cushions as stepping stones.
- Exercise - dancing to music. Add scarves or ribbons to make it more exciting

- Playing with balloons - keep it up/use different body parts/have a volleyball match
- Crawling through a cardboard-box tunnel
- Pop bubbles using hands bats or rackets
- Balance - Balance on one leg for 3 seconds. Balance on different body parts for 3 seconds. Make shapes with your body.

### **Table tennis**

As its name suggests, this sport can be played around a table and involves very little set-up. No need for bats, just use your hands. Roll or bounce the ball.

### **Running**

Simply find a spot in your flat with a non-slippery surface, and jog on the spot. You can try mixing various running techniques, such as raising your knees or kicking the backs of your legs, to make this exercise a little more challenging.

### **Rope skipping**

All you need is a skipping rope, and if you don't have one, you can always make one out of rubber bands. Tie each end of the rope around the legs of two chairs, then jump across the rope continuously.

### **Follow the Leader**

If you have more than one kid, make one of them the leader. Otherwise, you can be the leader. Encourage your kid to follow the leader. Try to incorporate activities such as jump, skip, catch something, and more. It's a simple way to get a good workout done by your kids.

### **Tickle Tag**

Toddlers of this age love to be chased. So chase them around the house or the garden. When you catch them, tickle them or swing them around. They would love to play this game for hours.

### **Throwing Activities**

It is essential for a child to engage in activities that ultimately improve hand-eye coordination, motor skills, and timing -just set a target and make the child aim for it with every throw. Knock down