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 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=VloEiK4Ihj8

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=nvfjfR3Rc7Q

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=5if4cjO5nxo&feature=youtu.be

YOGA

Unicorn Yoga

https://www.youtube.com/watch?v=RLOOOjGAM1s

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_o_43_RQ

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

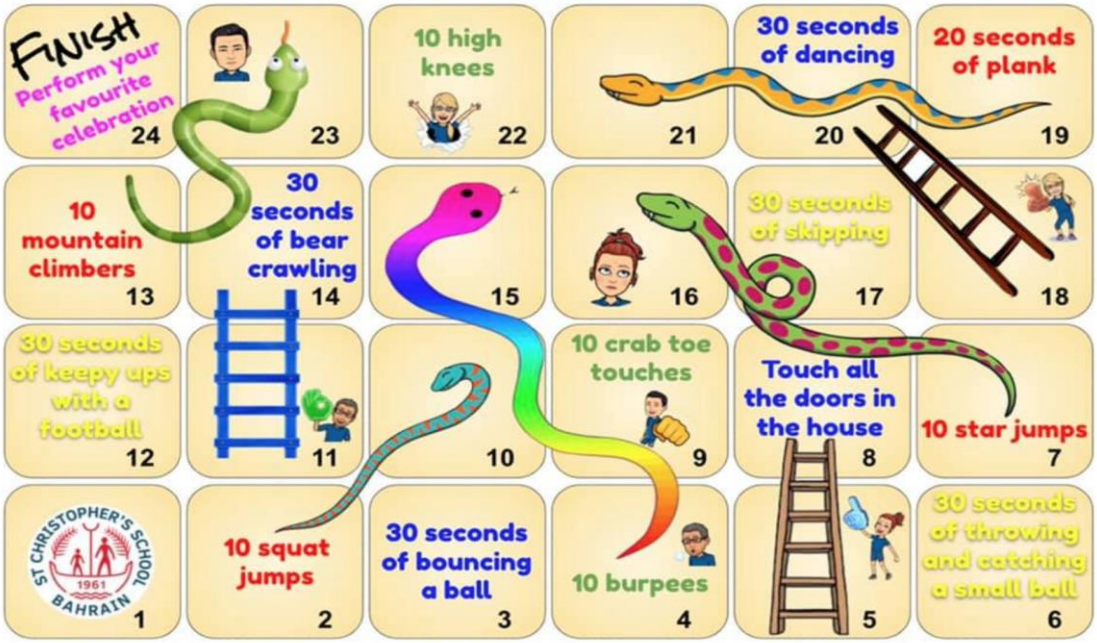
Strength & Endurance Exercises

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		• Stand up tall with core tight • Shoulders and arms are relaxed and swing naturally • Breathe rhythmically, filling the belly
Push-ups		• 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		• Keep body in a straight line • Keep knees off the ground • Keep weight evenly distributed between elbows/forearms and feet
Donkey Kicks		• 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		• 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		• 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		• 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		• 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



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



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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