

## BODYWEIGHT CIRCUIT

*balance, flexibility, movement skills*

**Equipment:** stopwatch & some music

### How to play:

You have to complete the sequence in the quickest time possible;

- ❖ 20 x running high knees on the spot
- ❖ 20 x straight air punches
- ❖ 5 x pancakes (1 pancake = from standing position, chest to the floor and back to standing)
- ❖ 20 x running high knees on the spot
- ❖ 20 x air punches to the sky
- ❖ 5 x flap jacks (1 flap jack = from standing position, chest to floor, roll left onto back, roll right back to your front and return to standing)



### Challenges:

1. Increase or decrease the amount you have to do of each exercise
2. Add more rounds
3. How many rounds can you complete in a set time?

#### STEP

**S**pace – move to different areas of your home/garden/park after each exercise

**T**ask – add some different exercises

**E**quipment – can you add equipment to make exercises harder or easier?

**P**eople – work out with a family member!

# BALANCE TRAINING

*Balancing & coordination skills*

**Equipment:** Pair of Socks & stop watch

## How to play:

Find a nice bit of space at home to complete the balance training...

You can only move onto the next level once you complete the level you are on...

Here we go;



**Level 1** – Standing with two feet on the floor, slowly raise one leg up so your knee is in line with your hips, before returning the foot back to the ground. You must complete 10 repetitions on each leg without losing your balance.

**Level 2** – Standing with two feet on the floor, slowly take one foot off the ground and balance for 20 seconds. You must complete this on both legs before moving on. If you lose balance and step down before the 20 seconds is up, restart the timer.

**Level 3** – Same as level 2 but you must have your eyes closed for the 20 seconds of balancing.

**Level 4** – Same as level 2 but a family member has to stand 2 metres in front of you with a rolled up pair of socks. You must complete 5 x throw and catches without losing balance.

**Skill Tip:** When balancing squeeze your tummy muscles and keep your head as still as possible whilst focussing on a specific point on the wall. Arms can also help with your balance.

What level can you get to? Remember not to progress until you've completed the previous level...!

## Challenges:

1. Take the balance training again, but this time place a thin pillow on the floor to stand on...
2. Lengthen or shorten the timings/number of throws.
3. Place some objects around you and using the foot not on the floor, try and touch them all without losing balance

### STEP

**S**pace - make the area is clear of all objects and obstacles.

**T**ask – have someone asking you questions or read something from the wall to act as a distraction

**E**quipment – use a different object to throw and catch

**P**eople – who can balance for the longest, challenge a friend or family member?

**Video** No Video for this game

# Roller Ball

*co-ordination & movement skills*

**Equipment:** football or something similar

## How to play:

Firstly create a course around your home using two objects to make gates, which you will need to pass through.

Then using your hands only you must roll the ball around the course passing through the gates you have created with objects.

All this must be done whilst standing, so bending at the hips and knees will allow you to get low enough to control the ball with your hands...

If your ball hits a wall or an obstacle you must go back to the start.

**Skill Tip:** Bending at the hips and knees will allow you to get low enough to control the ball with your hands...soft touches on the ball will help.

What is your best time today? Try again another day and see if you can get better over the week.

## Challenges:

1. Play the game again, but change the course and add obstacles
2. Can you add a second ball to control around the course?
3. Try with only using one hand.

### STEP

**S**pace - make the area bigger or smaller

**T**ask – extend the length of the course. Add changes of direction to the course.

**E**quipment – change the size of the ball

**P**eople – Time yourself against a friend



# Alphabet Workout

*movement & problem solving skills*

**Equipment:** 10 x pieces of paper

## How to play:

Using the 10 pieces of paper, write a big letter from the alphabet on each piece of paper.

Stack the 10 pieces of paper into a pile at one end of the room/house, this is called 'Scoring Zone'

Starting at 'Home' which will be situated on the opposite side of the room/house, you have to run to the 'Scoring Zone' and pick up the first piece of paper and place it on the floor.

You must return 'Home' and complete 5 star jumps before returning to the 'Scoring Zone' to pick up the next piece of paper with a letter on....

As you start to place the letters on the floor you must place them in alphabetical order.

The game finishes when all 10 letters are in the correct order...

Time yourself and see if you can beat your time as you get better at it.



What is your best time today? Try again another day and see if you can get better over the week.

## Challenges:

1. Play the game again, but this time can you place 'Words' into alphabetical order?
2. Instead of letters or words, use numbers and place them in numerical order.
3. Move in a different way between 'Home' and 'Scoring Zone' (hop, skip, bear crawl etc)

### STEP

**S**pace - make sure the area is clear of objects and obstacles.

**T**ask – change the task in the scoring zone (letter, words, numbers, sums etc)

**E**quipment – can you add equipment to increase the difficulty?

**P**eople – Time yourself against a friend.

# JIG-SAW PUZZLE HUNT

*movement & problem solving skills*

**Equipment:** a picture (a Christmas card or something similar)

## How to play:

Cut a picture up into a number of pieces, of equal size, creating a jig-saw puzzle.



Place one piece of the puzzle in a different room of the house (or spread them out in one room)

On 'Go' you must locate one piece of the puzzle at a time and bring back to a centre point to put back together the jig-saw.

The game finishes once the jig-saw puzzle is completed.

How quickly can you put the puzzle back together



What is your best score today? Try again another day and see if you can complete the puzzle in a quicker time.

## Challenges:

1. Cut the picture up into different shapes and sizes.
2. Use more than one picture at a time.
3. Hide the pieces to increase the difficulty

### STEP

**S**pace - make sure the area is clear of objects.

**T**ask – different pictures/puzzles/problems to solve

**E**quipment – add equipment to increase difficulty (egg & spoon for example) (boiled egg!!!)

**P**eople – Time yourself against a friend.