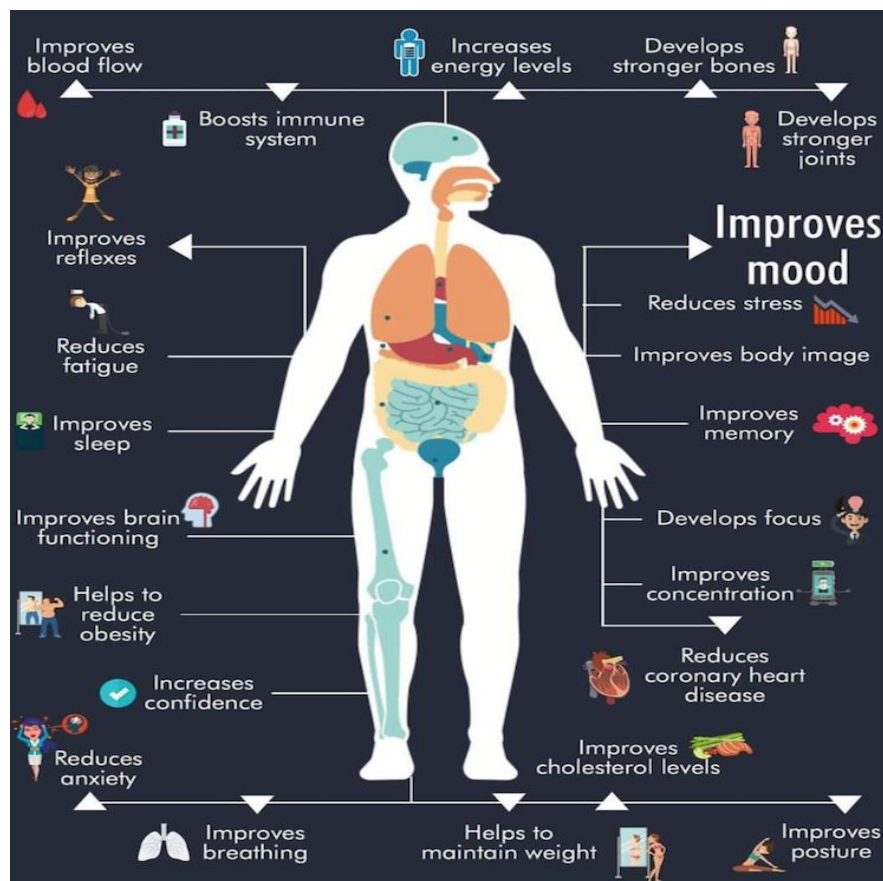




www.time4sportUK.com

HOME ACTIVITY PACK WEEK

7



Providing a Fitter, Healthier & Happier future!

FREE RESOURCES Due to school closures [Time 4 Sport](#) are supporting everyone with the opportunity to access a variety of PE, PA, Sport & Healthy Wellbeing content. Sending out a brand new Home Activity Pack every week! Encouraging children/families to be fitter, healthier and happier.

SCROLL DOWN for loads of different ideas for playing at home.

We at Time 4 Sport will also be uploading a daily #T4Schallenge on our social media channels. 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](#)



A CHANCE TO WIN A 1 DAY PASS ONTO OUR FUTURE HOLIDAY CAMPS

We now invite you to send us in your T4S daily challenges.

Each video that gets shown will receive a FREE pass onto one of our future holiday camps. Voucher worth £25!

We would like you to design a fun new physical activity T4S daily challenge.

- 1) Video must last no longer than 90 seconds.
- 2) You must start the video by stating your name and school and then say: Today's Time 4 Sport Challenge is.....
- 3) Video needs to be emailed to: info@time4sportuk.com
- 4) For every video that gets shown. You will receive a FREE 1 day pass onto our future holidays camps!

Good luck & happy filming! :)

Change 4 Life :



Start making healthier changes today!

Here are a few things to get you started, just click the green links:

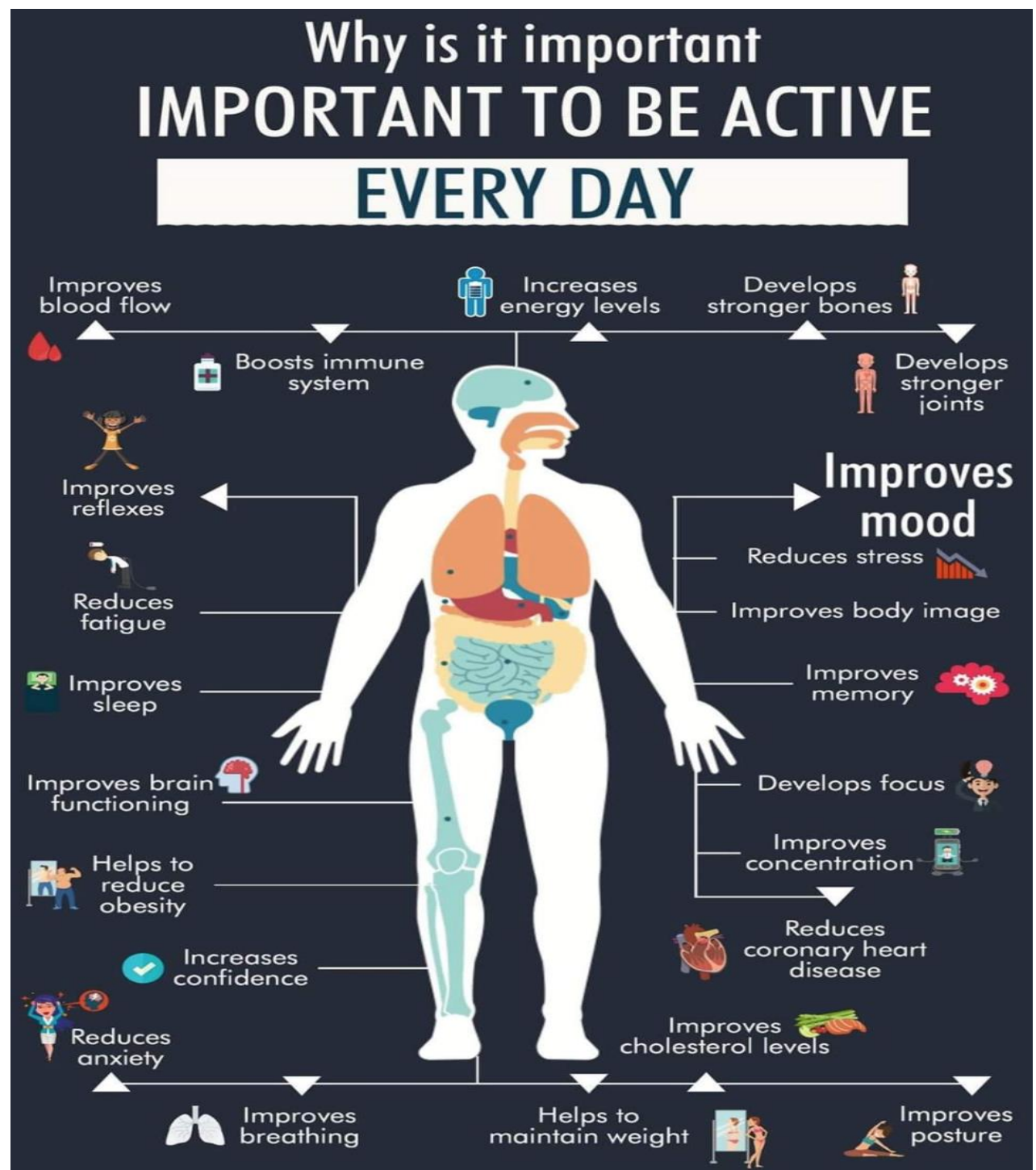
- sign up and [join Change4Life](#)
- download the [Food Scanner app on Google Play](#) or [Food Scanner app on the App Store](#)
- browse [our recipes](#)
- play one of our [10 Minute Shake Up games](#)
- learn how to [make a sugar swap](#)

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+](#).

Food & Fitness Log

Week of	Breakfast 	Lunch 	Dinner 	Snacks 	Cups of Water 	Minutes of Activity 
Sun						
Mon						
Tues						
Wed						
Thurs						
Fri						
Sat						

Super poster to print out and have at home. Great reminder of the benefits of regular exercise.



RECEPTION

CLICK THE LINKS FOR SOME GREAT VIDEO BASED IDEAS.

DANCE

Dance and Freeze

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

FITNESS

Miss Linkey

<https://www.youtube.com/watch?v=VMj2ZgQqsNA>

YOGA

T Rex Yoga

<https://www.youtube.com/watch?v=rnlDBKD2S78>

Yr1:

DANCE

The Bear

<https://www.youtube.com/watch?v=OkfzyMy47GI>

FITNESS

ALPHABET SOUP

<https://www.youtube.com/watch?v=nHI90qnQHT0>

YOGA

Pedro The Penguin

<https://www.youtube.com/watch?v=AtYrr1IFCIM>

Yr2:

DANCE

Tacho Nacho

<https://www.youtube.com/watch?v=TQKhEZls2mQ&list=PLP02vTwI49eHwFyT6hkYyobaC2kx44A2I&index=9>

s

FITNESS

Martial Arts Moves

<https://www.youtube.com/watch?v=JrP-4RwUpGA>

YOGA

Floss Yoga

<https://www.youtube.com/watch?v=Fz0tZNq1pm8>

Yr3:

DANCE

Dance Monkey Kidz Bop

https://www.youtube.com/watch?v=6JPVKD_UT-Q&list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0&index=6&t=0s

FITNESS

Kids Fitness 2

<https://www.youtube.com/watch?v=FrRDG4krjv8>

YOGA

Yoga Pose

<https://www.youtube.com/watch?v=ho9utt0Zd0Q>

Yr4:

DANCE

Just Dance Workout 3

<https://www.youtube.com/watch?v=sxMUmbaV8n0>

FITNESS

Morning Workout

<https://www.youtube.com/watch?v=skSbg1IGup8&feature=youtu.be>

YOGA

Alo Yoga

<https://www.youtube.com/watch?v=4ZpkRAcgws4>

Yr5:

DANCE

Just Dance Workout 1

<https://www.youtube.com/watch?v=yQ4fTl4wbko&feature=youtu.be>

FITNESS

1 Mile Walk

<https://www.youtube.com/watch?v=njeZ29umqVE&feature=youtu.be>

YOGA

Morning Flow

<https://www.youtube.com/watch?v=7LglCW8hLU8>

Yr6:

DANCE

Just Dance Workout 2

<https://www.youtube.com/watch?v=IaBDjX7WpsI>

FITNESS

Full Body Workout

<https://www.youtube.com/watch?v=WmGjxU3Ggko&feature=youtu.be>

YOGA

Core Strength

<https://www.youtube.com/watch?v=kprRig0uaQ8>

.....

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](#)

[Yorkshire Live PE x 3 times a week!](#)

[Cycling Activities](#)

[Active Maths & English Free Trials](#)

[Twinkl/Joe Wicks Move Videos](#)

[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](#)

[5 Ways to Wellbeing Family Guide](#)

[Safe + Sound project ran by Staffordshire Fire and Rescue Service.](#)

FAMILY ACTIVITIES

The name game. Spell out your name and the day of the week. Then follow the exercises as you go! Don't forgot to include middle names! 😊

Workout for beginners

what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

A 10 jumping jacks	N 10 second jump rope
B 5 push-ups	O 10 russian twists
C 1 burpee	P 5 plie squats
D 20 high knees	Q 10 arm circles
E 5 crunches	R 10 skaters
F 10 mountain climbers	S 10 second jog in place
G 5 squats	T 10 butt kickers
H 10 front Lunges	U 5 inchworms
I 10 side Lunges	V 5 tricep dips
J 10 second wall sit	W 3 star jumps
K 5 calf raises	X 5 bird dogs
L 5 second plank	Y 10 Leg raises
M 3 squat jumps	Z 5 squat jacks

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



Activity Challenge

May

MAY 2020- SPRING into Fitness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Play Tag	Wash Car
3	4	5	6	7	8	9
Mow Lawn	Go Kayak	Fly a Kite	Bike Ride	Play Golf	Baseball	Vacation
10	11	12	13	14	15	16
Campfire	Jump Rope	Canoeing	Go Jogging	Feed Birds	Hopscotch	Go Camping
17	18	19	20	21	22	23
Skip Stones	Climb a Tree	Petting Zoo	Nature Walks	Play Croquet	Watch Sunset	Plant Garden
24	25	26	27	28	29	30
Picnic Lunch	Hide and Seek	Read Outside	Pick Berries	Open Windows	Go Skateboard	Sidewalk Chalk
31	1	2	3	4	5	6
Exercise Outside						

Directions: Spell the word/phrase on each day using the Alphabet Exercise Sheet & have a parent initial each day you complete ☺

SPRING into Fitness

Alphabet Exercise Sheet

A = 4 Hand Release Burpees	N = 20 Butt Kickers
B = 20 Hand Plank Shoulder Taps	O = 20 High Knees
C = 14 Str. Leg “Toy Soldiers”	P = 14 “Crab Toe Touches” (opposites)
D = 20 Full Jumping Jacks	Q = 8 Hand Plank Tuck Jumps
E = 10 Hand Plank Jacks	R = 6 Hand Plank to Low Plank
F = 8 Slow Alt. Lying “Scorpion kicks”	S = 10 Tuck Jumps
G = 14 Big “Ice Skaters”	T = 12 Butterfly Sit-ups
H = 20 sec Low Plank	U = 5 Str. Leg “Inch worms” (Walk outs)
I = 8 Big “Star Jumps”	V = 12 Lying Superman Lifts
J = 16 Big Mountain Climbers	W = 8 Slow 90° Target Squats
K = 10 Slow “Cat-Cow”	X = 20 Mason Twists
L = 1 min Jog in place	Y = 30 Imaginary Jump Rope
M = 10 Slow “Bird Dogs” (opposites)	Z = 40 Standing Alt. Front Punches

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! ☺

