

Phys Ed At Home - Rooms 1, 2, 3, 4 and 7

Exercise for kids should be fun. Instead of "working out," it should be thought of as "exercise play." The following page lists some easy exercises for kids—movements and games that they'll enjoy and benefit from, and that require little equipment. You and your children can aim to do one of these activities each day or you can repeat the same activity throughout the week. Feel free to take photos or write some feedback about how the activities went and send it to me via Class Dojo. I will be checking and replying to you on Mondays and Fridays - our SPORTS days!. It also a good idea to ask your child to find their pulse (on the side of their neck is the easiest place for them). Ask them to feel it before any exercise and then again afterwards. It's great to talk about how healthy it is for our bodies to speed up our hearts with exercise and get more oxygen to our muscles!

Six Steps to a Good Warm-Up

To create a warm-up routine suitable for kids (or adults), you only need five to ten minutes. Consider a progression like this:

1. Start with slow and easy forward movements, selected from the list below.
2. Then, begin speeding up those same movements and adding some impact (such as jumping).
3. Add some angles or zig-zags.
4. Shift to a side-to-side movement pattern.
5. Include some dynamic stretches.
6. After the muscles are warm, static stretches are OK - (it's a good idea not to do static stretches when muscles are cold).



Examples of Warm-Up Exercises for Kids.

A simple walk, jog, or march, in motion or on the spot, can serve as a good warm-up for kids. You can also include any of these:

- **Dancing:** Let kids make up their own moves to music they like.
- **High Knees:** While walking, lift knees high in the air. Intensify by adding arm movements, and/or speeding up the walk to a jog.
- **Butt Kicks:** Exaggerate your jogging steps by reaching your foot toward your bottom (easier to do when jogging on the spot).
- **Walking Lunges:** Step forward with one leg and lower so the knee is at a 90-degree angle and the back leg is stretched out long. Then lift the back leg up and forward so it's bent and in front. Continue alternating lunges while moving forward.
- **Arm Circles or Swings:** Hold arms outstretched from shoulders and turn in small circles, then increase the size of the circles. Or swing arms forward and back from the shoulder.
- **Jumping Jacks:** When you're ready to add some more intensity to your warm-up exercises, incorporate jumping jacks - they involve both arms and legs and add impact to the routine.
- **Side Hops:** Feet together, jump from one side of an imaginary line to the other. Or hop on one foot and switch back and forth.
- **Grapevine:** Walk or jog sideways, crossing one foot in front of the other in an alternating pattern.

Treasure Hunt

Plan a treasure hunt in or outside the house. Here are some ideas to help you begin.

- Jump from the TV to the lounge for your next clue.
- Hop from the lounge to the fridge
- Crab crawl to your bed

It's a good idea to do treasure hunts just before morning or afternoon tea. The snack makes a great treasure!



Outdoor Scavenger Hunt

There are lots of these on the internet - outdoor and indoor! Google for some ideas or just make up your own! Kids love them.



Hopscotch

The hopscotch grid can be drawn with chalk on a driveway or footpath. It can even be made using tape on the garage floor or a wooden floor. If you have never learnt the rules google "How to

Play Hopscotch" - It's really easy and lots of fun!



Balloon Tennis

Blow up a balloon and simply hit it back and forth making sure it stays off the floor! Heaps of fun variations to this one:

- Use fly swatters as bats
- Make your own bats with paper plates and cardboard rolls



- Use the couch as a "net"
- Use one foot to keep it in the air while balancing on the other one.

- Use any part of your body EXCEPT your hands to keep the balloon in the air.

Obstacle Course/Circuits



Let the children help find things to set up the course

Try and build in a range of climbing under and over things

Build in some zig-zags and some jumping markers so the types of movements are varied along the course.

Check the course for safety BEFORE they start!

Your Own Games

Make up your own fun ideas for getting your heart beating faster!

If you are happy for your ideas to be shared I will include them in future weeks of Phys Ed at Home Ideas

Please send it to me on Class Dojo!



