

**HOME ACTIVITY PACK**

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***Providing a Fitter, Healthier & Happier future!***

**FREE RESOURCES** Due to school closures [Time 4 Sport](http://www.time4sportuk.com) are supporting everyone with the opportunity to access a variety of PE, PA, and sports content. 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](http://www.facebook.com/time4sportuk)

[www.twitter.com/time4sportuk](http://www.twitter.com/time4sportuk)

[www.instagram.com/time4sportuk](http://www.instagram.com/time4sportuk)

[Youtube Link](https://www.youtube.com/channel/UCn3IB_saVQdMzoLwqUniDYw?view_as=subscriber)

**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**](https://registration.change4life.co.uk/change4life)
* download the [**Food Scanner app on Google Play**](https://www.nhs.uk/change4life/be-food-smart-android) or [**Food Scanner app on the App Store**](https://www.nhs.uk/change4life/be-food-smart-ios)
* browse [**our recipes**](https://www.nhs.uk/change4life/recipes#meal-ideas)
* play one of our [**10 Minute Shake Up games**](https://www.nhs.uk/10-minute-shake-up/shake-ups)
* learn how to [**make a sugar swap**](https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids)

**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](https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/)**,** [5-18](https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/)**,** [19-65](https://www.nhs.uk/live-well/exercise/) **&** [65+](https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/)**.**

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# ****RECEPTION****

CLICK THE LINKS FOR SOME GREAT VIDEO BASED IDEAS.

DANCE

Just Dance 2018 - Waka Waka This Time For Africa

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

FITNESS

Kids Beginners Workout | The Body Coach

<https://www.youtube.com/watch?v=mhHY8mOQ5eo>

YOGA

Mini the Puppy | Cosmic Kids Zen Den - Mindfulness for kids

<https://www.youtube.com/watch?v=K7FUbTac_ds>

**Yr1**:

DANCE

Just Dance 2018 - Waka Waka This Time For Africa

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

FITNESS

5 Minute Move Featuring Betsy | The Body Coach TV

<https://www.youtube.com/watch?v=u0_1QBQ8Syk>

YOGA

Thought Bubbles | Cosmic Kids Zen Den - Mindfulness for kids  
<https://www.youtube.com/watch?v=xUUq0HuSLS0>

**Yr2**:

DANCE

Let's Dance: I am Alive - will.i.am

<https://www.youtube.com/watch?v=2pgR87RVD14>

FITNESS

5 Minute Move | Kids Workout 1 | The Body Coach TV –

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

YOGA

Yes You Can! | Cosmic Kids Zen Den - Mindfulness for kids

<https://www.youtube.com/watch?v=jzYtNWjQiK0>

**Yr3**:

DANCE

Macarena. Just Dance 2015

<https://www.youtube.com/watch?v=zyIXQsDY9NE>

FITNESS

5 Minute Move Featuring Francesca | The Body Coach TV

<https://www.youtube.com/watch?v=hvJXQT4gowg>

YOGA

Popcorn the Dolphin | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=YR1OxBk8BF4>

**Yr4**:

DANCE

Just Dance 4 What Makes You Beautiful

<https://www.youtube.com/watch?v=dpY4ZTV7Fm0>

FITNESS

Active 8 Minute Workout Featuring Alfie | The Body Coach TV

<https://www.youtube.com/watch?v=EXt2jLRlaf8>

YOGA

Cosmic Kids Yoga Disco | Washing Machine Song!

<https://www.youtube.com/watch?v=dw-0bmtDPnk>

**Yr5**:

DANCE

Mambo No 5 - Just Dance Summer Party

<https://www.youtube.com/watch?v=z_Sv7IQwBGo>

FITNESS

Active 8 Minute Workout Featuring Izzy | The Body Coach TV

<https://www.youtube.com/watch?v=YIB2SJnBHBQ>

YOGA

Harry Potter and The Philosopher's Stone | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=R-BS87NTV5I>

**Yr6**:

DANCE

FRIENDS by Marshmello & Anne-Marie | Just Dance 2019

<https://www.youtube.com/watch?v=Naj1SGmW0h0>

FITNESS

Active 8 Minute Workout Featuring Harry | The Body Coach TV

<https://www.youtube.com/watch?v=TUp2_VAHIrI>

YOGA

Minecraft | A Cosmic Kids Yoga Adventure!

<https://www.youtube.com/watch?v=02E1468SdHg>

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**FAMILY FITNESS CARDS**

Great physical activity challenge cards for all the families.

[Greenacre Sports Partnership Cards](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/89b4ef94-97ad-44e0-abc7-0e6fc98d2bd0/Greenacre_Sports_Partnership_Activity_Booklet.pdf)

[Wow Activity Cards](https://mcusercontent.com/35a57192e9ec6a559eaaa6cf9/files/c7918cb9-6535-4d23-8ab5-e4360f2f4652/WowActive_Challenge_Cardspdf.pdf)

**OTHER ADDITIONAL LINKS:**

[Ball Games](https://frugalfun4boys.com/indoor-ball-games-kids/?fbclid=IwAR2br0tFmwudY7-3kHVBqmLrjzmN2grHB97RkpnsHl8FIS8KDfj1bEXfCi8)

[Indoor Energy Games](https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/?fbclid=IwAR0tdSLejzSuE9A9m50uxwVvts1ZjlqTa0nuI_uE0DwaVNHhboosXt88gCU)

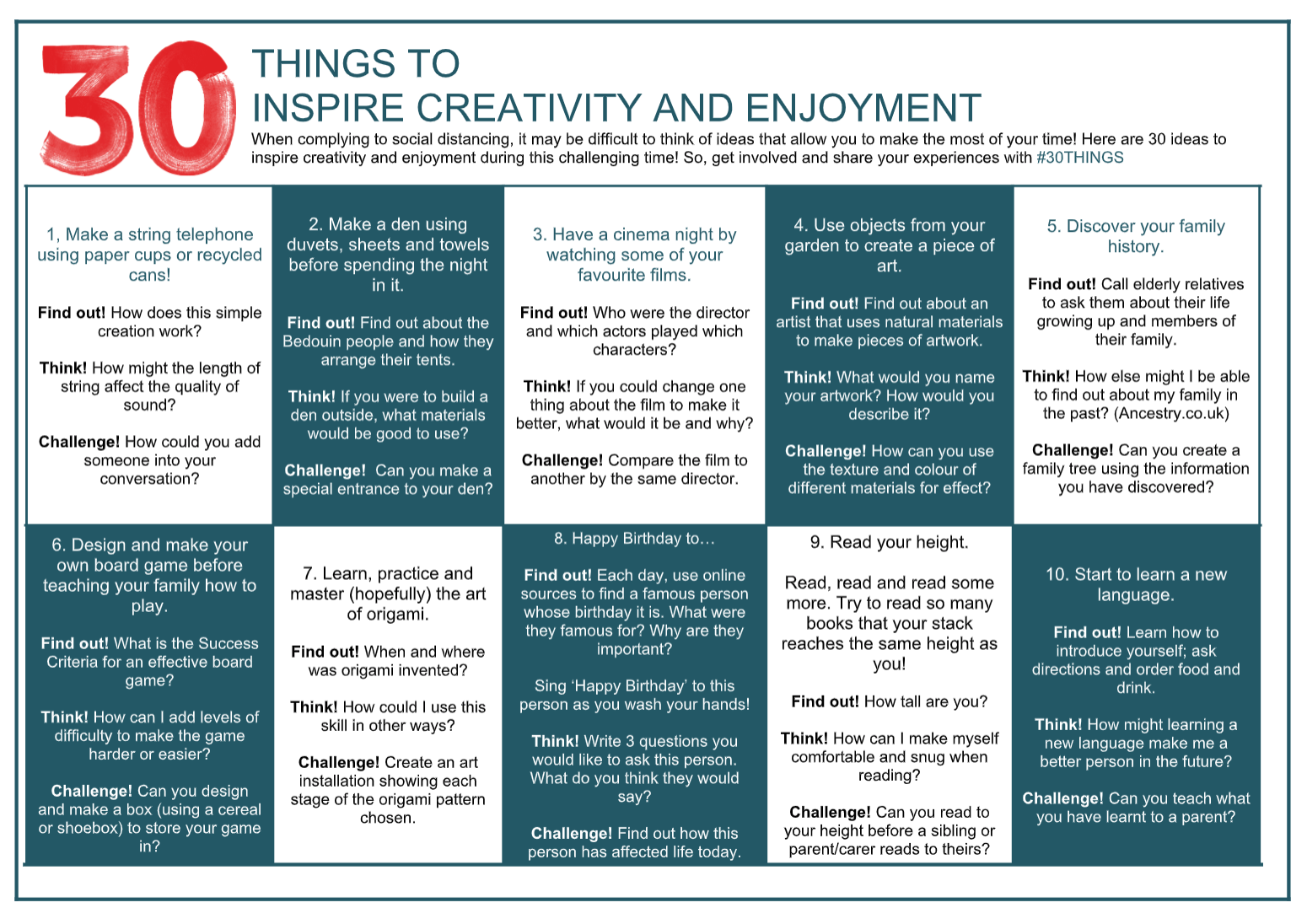
[Sesame Street Activities](https://sesamestreetincommunities.org/topics/exercise/)

[Year 1 & 2 Cross Curricular Super Movers](https://www.bbc.co.uk/teach/supermovers/ks1-collection/zbr4scw)

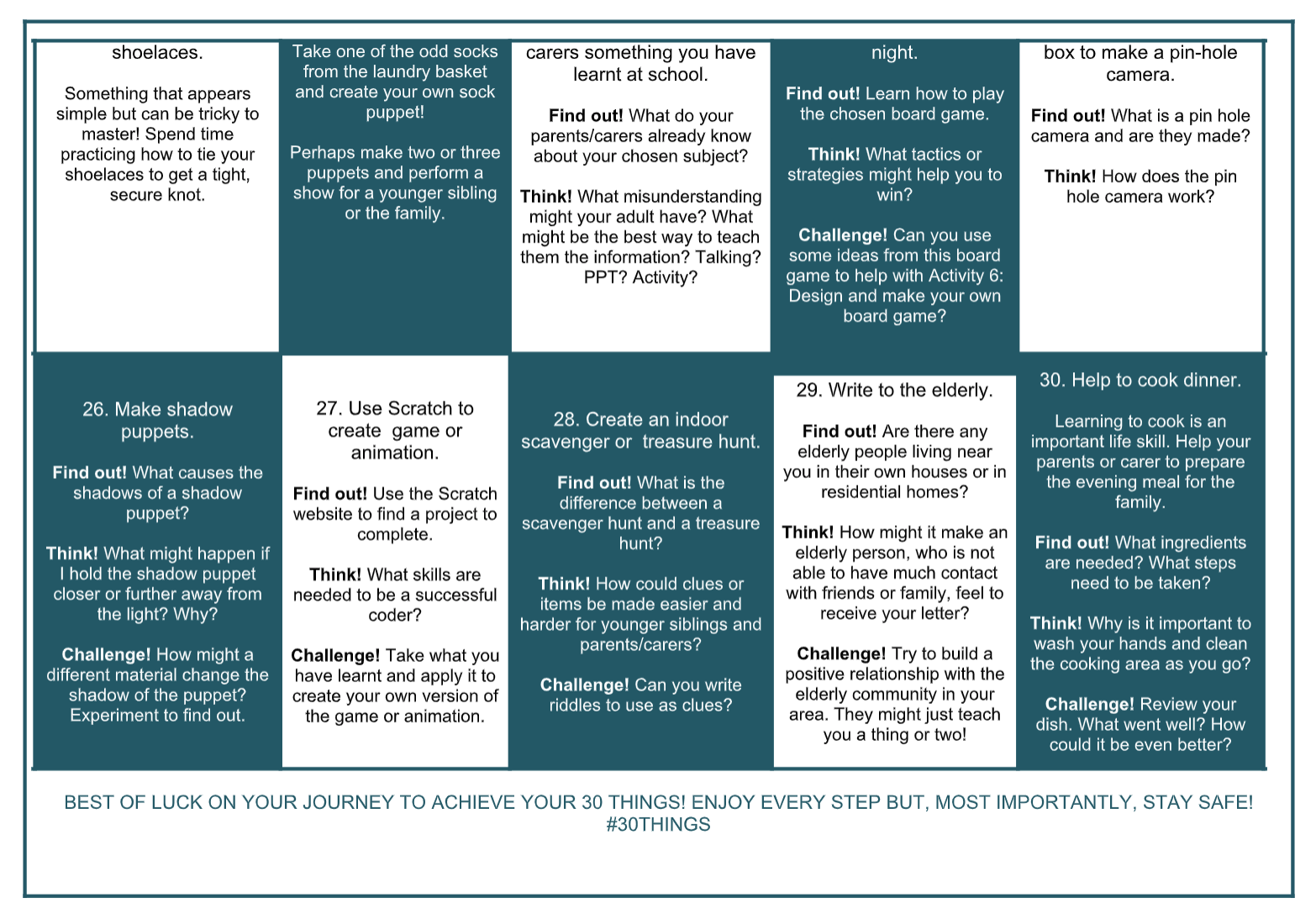
[Year 3, 4, 5 & 6 Cross Curricular Super Movers](https://www.bbc.co.uk/teach/supermovers/ks2-collection/zr4ky9q)

[Youth Sport Trust Free Home Resources.](https://www.youthsporttrust.org/free-home-learning-resources?fbclid=IwAR1wy8hkRt_2NI7oWryMLfbVd9hV7214iU6qZO1XPLgOwihBXQL2me_vr0s)

[Go Noodle Activity Channel](https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw)

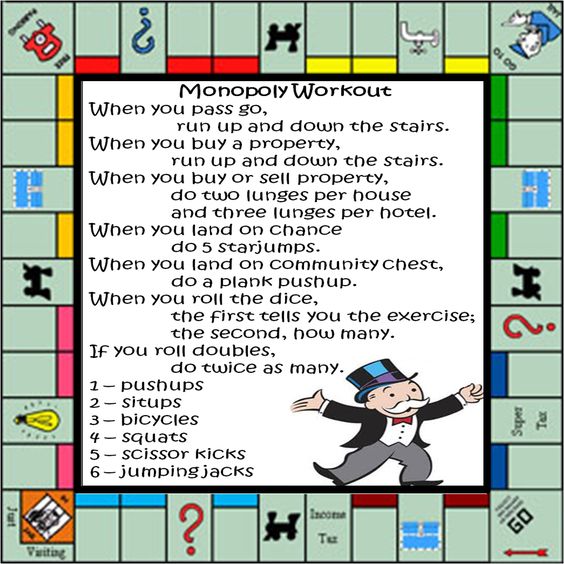






**WE LOVE ALL LOVE A GAME OF MONOPOLY RIGHT?**

**WHY NOT PLAY FITNESS MONOPOLY WITH THE FAMILY! ☺**

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**KEY WORKER HOLIDAY CLUBS.**

With how things are now, we aren’t 100% sure how the Easter holiday delivery will look. However we at Time 4 Sport will aim to support families as much as possible and potentially may be able to deliver some Key Worker Holiday Clubs within Staffordshire.

Any updates on this will be put out via our social media channels. Or if you would like to be added to our mailing list please click on the link below and complete your details.

[ADD ME TO THE MAILING LIST](http://www.time4sportuk.com/contact-us/)

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! ☺

