

# Keeping Active at Home

We know that being active is one of the most important things you can do for your health and wellbeing. Just 10 minutes of physical activity per day can benefit your physical and mental health.

We understand that Covid-19, or Coronavirus, raises concerns around being active, however, there has never been a more important time to remain active, for positive mental wellbeing and physical health. There are plenty of ways that you can get active around the home.

## Here are a few ideas to help you:

- ✓ **Everyday housework activities - yes, they do count!** - Did you know that activities such as vacuuming, making the bed & hanging the washing can all contribute to your active minutes? Try to break up sedentary periods by building in some activity. Why not turn up the tunes and have a boogie round the bedroom.
- ✓ **Try a workout led by Joe Wicks 'The Body Coach'**. Try this link or search 'Joe Wicks' on the internet, there are lots to choose from. He is currently streaming a live workout on his YouTube channel 9am Monday- Friday  
<https://www.youtube.com/watch?v=mhHY8mOQ5eo>
- ✓ **'Change for Life'**. There are lots of free and fun physical activities for the whole family to try out all linked to Disney characters.  
<https://www.nhs.uk/change4life/activities/indoor-activities>
- ✓ **Try some Yoga**. This 45-minute video from the NHS is suitable for all fitness levels  
<https://www.nhs.uk/conditions/nhs-fitness-studio/yoga-with-lj/>  
for younger KS1 children try out Cosmic Kids Yoga  
<https://www.youtube.com/watch?v=scSPqlqbwqE>
- ✓ Try out some skipping challenges  
<https://www.jumpuk.com/at-home-resources>

Why not try out these challenges;

### Throw and Catch!

**You will need:** A safe space and a bean bag or small ball

**How to play:** How many times can you throw and catch to your partner?

**Challenge!** Can you move further apart?  
How long does it take you to do 10 throws? Can you beat this?

### Roll Away!

**You will need:** A safe space (flat surface) and a ball  
**How to play:** Roll the ball in a straight line away from you. When your partner shouts 'go' chase after it, pick it up and run with it back to the start. Take it in turns.

**Challenge!** See how far you can get the ball to roll away.

### Bubble Pop!

**You will need:** A safe space, bubbles and a bubble wand.

**How to play:** Take it in turns to try and pop as many bubbles as you can.  
Can you use one hand to pop them?  
Can you use two hands to try and catch them?

**Challenge!** How many bubbles can you catch in 30 seconds?

### Speed Bounce!

**You will need:** A safe space and a line on the floor (you could use a skipping rope)

**How to play:** How many times can you jump from two feet to two feet over the line in 30 seconds?

**Challenge!** Can you beat it?  
Can you jump along the line, from one end to the other?