



Move it Monday 8th February 2021

THE BEAN GAME



How to play: Play for 20 – 30 minutes

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Cut out the cards on the next page and shuffle them to mix them up.

Select the top card and complete the action it refers to below

Return the card to the pile and shuffle again – take the top card and complete the activity below - Repeat

Command	Action
Jumping Bean	Jump around the area (two footed, leaping etc)
Runner Bean	Run around the area (avoiding other people).
Jelly Bean	Wobble like a jelly.
Human Bean	Running on the spot.
Frozen Bean	Freeze, stand very still.
French Bean	Cross your arms, strike a pose and shout "Bonjour!" or say 'ooh la la' in a French accent!
Bean Sprout	Stand on tiptoes and make yourself as tall and thin as possible.
Bean Hurt	Rub your knee, arm etc. as if you have been hurt or fallen over!

Extension Activity:

Can you play the game faster?

Can you think of any other 'beans' you could do and create an action for the 'bean'?

Play the game with others – one person can be the leader and call out the 'beans' for the others to perform.

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



Seated Chest Expansions (can be completed standing if you prefer) Space required to prevent you hitting someone or furniture

The Bean Game

Jumping BEANS



JUMPING BEANS

Jump around the area.



The Bean Game



RUNNER BEAN

Run around the area (avoiding others)



The Bean Game



JELLY BEAN

Wobble like a jelly.



The Bean Game



HUMAN BEANS

Run on the spot.



The Bean Game



FROZEN BEANS

Freeze, stand very still.



The Bean Game



FRENCH BEANS

Cross your arms, strike a pose, and shout 'Bonjour' in a french accent



The Bean Game



BEAN HURT

Rub your knee, arm etc as if you have been hurt or fallen over.



The Bean Game



FRENCH BEANS

Cross your arms, strike a pose, and say 'Ooh la, la' in a french accent



The Bean Game



BEAN SPROUT

Rub your knee, arm etc as if you have been hurt or fallen over.



Thoughtful Tuesday 9th February 2021

How to play:

Treasure Hunt

Find the treasures, then use them to inspire you to write a story or a poem!

Something to do with outer space 	Something you can eat 	Something you can read 	Something made of metal 	Something to do with monsters 	Something square shaped 
Something star shaped 	Something with a number on 	Something a superhero would wear 	Something with lots of numbers on 	Something to write with 	Something a snowman would wear 
Something that grows 	Something a cowboy would wear 	Something you can put on your head 	Something that could go in a sandwich 	Something a pirate would wear 	Something with a letter on it 
Something you use in the shower 	Something triangle shaped 	Something with a flag on it 	Something used to play sport 	Something hexagon shaped 	Something to do with dinosaurs 
Something a builder might use 	Something smooth 	Something you can open 	Something to measure things with 	Something rough 	Something you can see through 

Find as many of the items above as you can in your home

- You may want to give yourself a set time to find as many OR
- Decide to find a set number e.g. 15 or 20 items on the list.

Extension Activity:

When you have found them all or your set number – use the items to help you write a story or a poem

Remember to use good punctuation, and all the skills you know about from your literacy lessons at school.

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



Cross Chops (50 high right to low left: 50 high left to low right)

Mindful Wednesday 10th February 2021

Active Bingo

How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Physical Activity **Bingo** Physical Activity for the Whole Family #StayHomeStayActive

Complete P.E. HOPE. LEARN. SUCCEED.  YOUTH SPORT TRUST  25 YEARS Believing in every child's future

Jump up and down in a space 40 times	Play musical statues	Ride a bike, scooter	Balance on a part of your body for 60 seconds	Jump or Move over a pillow 40 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 50 star jumps
Complete 20 shuttles (running, walking or moving)	Skip or Move for 2 minutes	Roll a ball across a table 10 times	Perform 40 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	Perform 40 squat jumps / sit forwards	Throw or roll a ball against a wall or with a sibling	Move and complete 10 laps of your house or garden	Perform 40 jumps	Play a new game with a sibling, parent or carer
Perform 30 push ups	Perform dance movements	Perform a short fitness workout	Perform 30 sit ups or lean forwards	Perform a gymnastics routine	Invent and play a new game

How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue squares in less than 60 seconds?
- If you are finding some of the activities hard, change them or have a rest and then continue.
- When performing the activities make sure that you are honest.

Achieve Gold 
 Complete all the activities on the card

Achieve Silver 
 Complete a horizontal or vertical line of activities

Achieve Bronze 
 Complete one activity from each line

If you are working on your own – select and complete any 8 activities that you can do on your own (4 in a blue square ■ and 4 from the red circles ●)

If you have other people to play with – read the 'How to Play' box and play

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



Side Stretches (50 to the left: 50 to the right)

Well Being Thursday 11th February 2021

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

Physical Activity 4
Connect

Connecting families
 through physical activity
#StayHomeStayActive




YOUTH
SPORT
TRUST



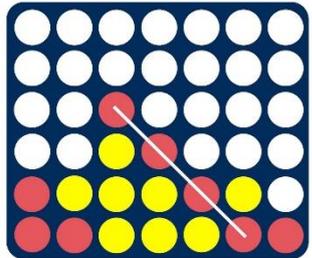
25
YEARS

Believing in
every child's
future

Throw/Roll an object into a target 15 times in a row	Complete 25 shuttle runs	Perform 50 sit ups	Balance in a plank position as long as possible	Perform 50 mountain climbers	Pass a ball around your waist 50 times	Move up and down 200 steps
Play a game of Boccia	Create a short gymnastics sequence	Learn a karate sequence	Play a game of throw tennis	Write and perform a sports anthem	Plan and make a healthy meal	Design a new sports kit
Play a game of charades	Squat the 3, 5 or 9 times table	Find 5 verbs in a book and perform the actions	Research the rules of a new sport	Jump and call out prime numbers	Hop / Lift Knee and complete 5 subtractions	Watch a sports event and write a review
Tap a ball on a racket 50 times	Balance on both legs for 60 seconds	Jump over a pillow 60 times	Dribble a ball through 3 objects, 10 times	Throw and catch a ball 25 times	Perform an online fitness exercise	Play 10 pin bowling
Paint or draw a sports picture	Play active noughts & crosses	Research and perform the Haka	Create a tower with Lego or blocks	Play musical statues or musical chairs	Have a running race	Build a den
Run/Move on the spot for 60 seconds	Jump on the spot 25 times	Perform 25 squats	Skip for 60 seconds	Perform 25 star jumps	Speed bounce for 60 seconds	Hop / Lift Knee for 60 seconds

How to play:

- Each player chooses a colour; red or yellow.
- Players take turns to choose an activity starting from the bottom row. Once they have completed the activity they mark it off with their colour.
- Players can not choose an activity from the row above until the one beneath has been completed.
- Can you be **honest** and complete each activity correctly?
- The first player to get 4 in a row; horizontal, vertical or diagonal is the winner.



If you are working on your own – select and complete any 6 activities that you can do on your own

If you have other people to play with – read the 'How to Play' box and play

As part of our 100 Physical Active Break Club complete the following activity 3 times during the day (e.g. at 9am, 1pm and 4pm) to help you feel re-energized and ready to concentrate more.



Controlled Squats - Complete 100

Fun Friday 12th February 2021

Fun Hiit Workout for Children

How to play:

Make sure your area is safe – nothing you can hit, break or fall over and there should be enough space for you to complete each activity safely.

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Key Stage 1:

Complete this circuit then rest for 4 minutes

Repeat the circuit

Key Stage 2:

Repeat this circuit 3 times (3 x 7 minutes workout)

Complete workout, rest for 3 minutes

Complete your second circuit then rest for 3 minutes

Complete your third circuit and you are finished!!

Remember to cool down by doing some leg, back and arm stretches.

Sporty Saturday 13th February 2021

Family Fun Time - Zumba Fitness 20 Minutes Beginners Routine

All the family can try to improve their movement skills and fitness levels with this fun workout to music.



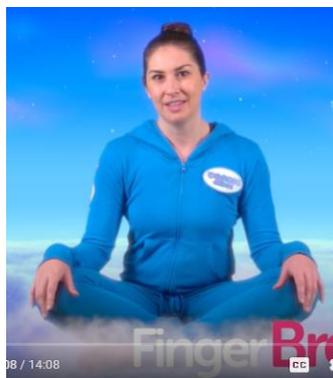
Visit: <https://www.youtube.com/watch?v=QiuGSnLuUjM>

Relaxing Sunday 14th February 2021

Family Fun Time

Time for some relaxation

5 Mindfulness Exercises for Kids ✨😊



Visit: <https://www.youtube.com/watch?v=Wsy2L9VvX90&list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK&index=18>