

# Balloons

## You will need:

- 1 pack balloons
- 2 markers - you could use chairs or cushions



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



## Balloon Bounce

Everyone lines up behind a marker. The other marker is placed some distance away.

Time how long it takes each member of the family to jump with the balloon between their feet, from the first marker, round the second and back to the first.

If the balloon is dropped, the player must return to the last marker they passed and continue from there.

Who can go fastest? If there are enough of you, make teams.

### Make it harder!

Put balloons between your knees - have some spare balloons, just in case! Or place a soft toy on one foot and keep it there while walking.



See how it's done:

<https://youtu.be/BrMEH0jyLh0>



### Did you know?

A child is 50% more likely to be active if they have an active parent.

## Balloon Lava

How long can your family keep one balloon in the air? Three minutes? Five? Now try with more balloons. Don't let any of the balloons hit the floor (lava)!

### Make it harder!

Use more balloons than people or, do the same thing, but lie on your backs and only use your feet to keep the balloons up in the air!



See how it's done:

[https://youtu.be/GQRchbj1\\_dY](https://youtu.be/GQRchbj1_dY)



Prefer to use bubbles? You can have lots of fun jumping around trying to pop bubbles inside and outside. Take turns to blow them; see who can make the biggest one!



# Balloons



## Pass the Balloon

See how quickly you can pass a balloon down a line of people. You could pass it over the head of one person and between the legs of the next person, or under the

chin, or between the knees... can you think of any other ways?

If you have space, the person at the front of the line can run to the back ready to have another turn.

Keep going as long as you can!

### Make it harder!

Make it faster. Put on some fast music and see if you can keep up with the beat!

## Balloon Sweep

Blow up lots of balloons and place them in different rooms. Take it in turns to see who can collect the most balloons in one minute.

The player who collects the most wins.

### Make it harder!

Play to fast paced music, use more balloons or try to do it in less time.



### Did you know?

Physical activity helps children and young people to grow and helps to develop and protect their muscles, bones, heart, lungs and circulation and helps them maintain a healthy weight.

Before you blow up the balloons, cut up small pieces of paper and have each person write or draw something they love about another member of the family. Stuff the little papers into the balloons. When the balloons pop you can read the messages out loud.

## Balloon Surprise



Always make sure you dispose of burst balloons responsibly as they can be dangerous to wildlife and small children. When finished, put them straight in the bin!



## Walking challenge: Week 1

Walk to a destination a bit further away than usual. Time how long it takes you to walk there. Record it on your record card to see if you can beat your time on your next trip!

# Chalk

## You will need:

Chalk

Masking tape if doing activities indoors



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



## Simon says

To start, choose one player to be 'Simon'. The rest of the players gather in front of Simon as he calls out actions starting with the phrase "Simon says": "Simon says... touch your toes."

The players have to do what Simon says, touching their toes. If Simon calls

out an action that doesn't start with "Simon says," the players must not do the action. If they do, they are out of the game.

The last player left in the game wins and becomes the next 'Simon'.

### Make it harder!

Make the actions more energetic: run on the spot, star jumps, hop on one leg etc.

Can you feel your heart beat faster?  
Are you breathing harder?



Draw out a grid on numbers matching a phone pad. Take it in turns to be on the pad with another person shouting out numbers to hop between.

Try hopping (or jumping) out phone numbers, birth dates etc.

## Number square

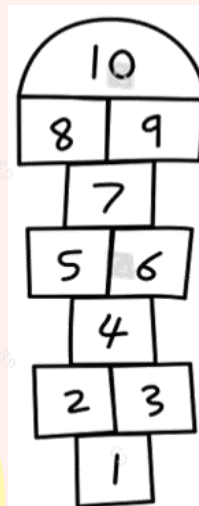
### Did you know?

Low physical activity is one of the top 10 causes of disease and disability in England—being active for even just 10 minutes a day will make a difference to your long term health!

Draw a hopscotch grid on the pavement, yard etc. Toss a stone or beanbag into the number 1 square. Hop on the single squares, and jump on the double (one foot in each), to the end and back again, picking up your beanbag on the way back. Don't put your other foot down!

Then repeat, going up a number each time.

## Hopscotch



Chalk



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PEN Parental Engagement Network

## Walk with chalk!

Keep a pack of chalk in your bag while you're out with the children and you'll always have a quick and easy way to keep everyone occupied and have fun at the same time!

- Use chalk to draw the **start and finish lines of a race**. Then come up with different ways to get to the end: running, marching, galloping, using a bike or scooter, skipping etc.
- Use chalk to **set boundaries** or to define a **safe zone** for little ones who might not want or be able to join in the family activity
- Use chalk to help give children room to run and play while keeping them safe. If they're running or cycling in the park, **chalk arrows and 'no entry signs' to mark out a path** you're happy for them to follow. Make sure they know what all the symbols mean!



See how it's done:

<https://binged.it/2NMUVMz>

or

Try Ice Climbers game to include older children:

<https://binged.it/2NQfJmb>

- Little ones can keep busy **drawing a picture** that will wash away with the rain while everyone else takes part in the family activity.



### Top tip

Use masking or electrical tape on the floor instead of chalk if you're doing these activities indoors.



Can you feel your heart beat faster?  
Are you breathing harder?

### Did you know?

Men are more likely than women to be sedentary for 6 hours or more! Come on dads!

## Walking challenge: Week 2



Use your chalk to draw a treasure trail with arrows or instructions in a park or on the pavement. You could hide a surprise at the end!

Where did you go?

How long did it take?



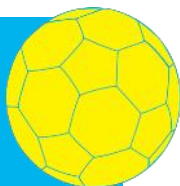
# Ball Games

## You will need:

Ball

Markers for goals – you could use jumpers

6 used plastic bottles



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



## Catch

How many times can you throw and catch the ball between two people?

### Did you know?

Regular physical activity reduces the risk of heart disease and other medical conditions e.g. diabetes and

### Make it harder!

Throw between three, four or more people. Add another ball, a beanbag or rolled-up socks so there are two (or more) things going round.



## Striker!

The more people you have the better. Ask another family to come and play it with you at the park!

Set up two goals and make sure there is space behind each set of goal posts as well. Divide the players into 2 teams. The game is played similar to football but there are a few major differences:

- The ball must stay on the

ground and can **only be moved by hitting it with your hand.**

- If the ball is **accidentally kicked**, it is an automatic point to the opposing team.
- Goals can be scored from **either side of the goal posts**; as long as the ball passes between them, a point is scored.

### Make it harder!

Use a bigger pitch



## Bowling

This is a great way to reuse bottles. Fill them with an inch or two of water or sand to make them stand up reliably.

Don't forget to screw the tops on tightly!

- Arrange the bottles in a triangle
- Mark the starting line with chalk and start bowling! You can play as a team or as individuals – keep score as you go along.
- To play indoors, use masking tape to mark the start line and use a softer ball.



Can you feel your heart beat faster?  
Are you breathing harder?

# Ball Games



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## Hot potato

Standing in a circle, try to keep the ball in the air as much as you can. Shout "Hot Potato" as you throw the ball or beanbag from one person to another. You can play this game to music and when the music stops, the person holding the potato is 'out'.

**Make it harder!** The last person left is the winner!

Play faster music, or make the circle bigger.

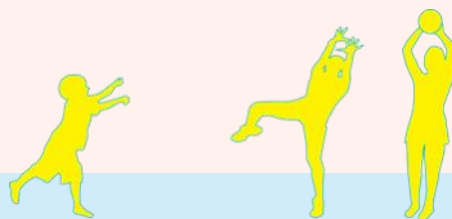
### Did you know?

You don't have to do it all at once! Spread activity throughout the day—10 minute chunks all add up and are just effective!

### Sit less, move more!



## Piggy in the middle



Two people throw the ball to each other. A third player stands in between them ("Piggy") and tries to catch the ball before the other player.

When Piggy catches the ball, they take the place of the player who missed it, who then becomes "Piggy".

### Make it harder!

The two throwers stand further away from each other, or use a smaller ball. This is a great game to play in the swimming pool!

Can you feel your heart beat faster?  
Are you breathing harder?



## Walking challenge: Week 3



Walk to the shops or park.

Can you beat your time from week 1 yet?

Try walking to a park or shop that is a bit further away. What interesting things can you spot on your journey that you don't normally notice when travelling by car or bus?

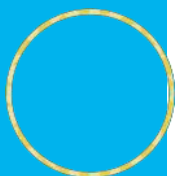
How much further did you walk?

# Hula Hoop

## You will need:

Hula hoop

Bean bags, balls or a frisbee



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



## Hula hooping

Spin a hoop around your waist and keep it going for longer and longer periods of time. This will take a lot of practice! Record your efforts over the next 3 weeks and see how much you improve.

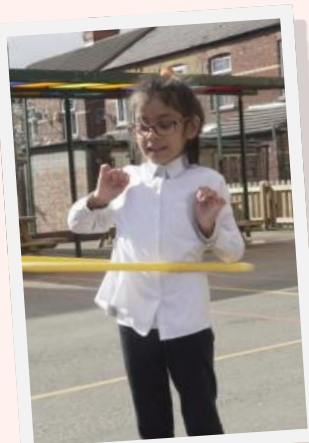


There are lots of videos on YouTube which explain how to hula hoop – have a look!

[www.youtube.com](http://www.youtube.com)

## Make it harder!

Try shifting the hoop up to your neck and back down.  
Get two hoops whirling around each arm at the same time.



## Targets

Set the hoop on the ground or prop it upright as a target for beanbags or balls.

You could also tie a hoop onto a rope and hang it from outdoor play equipment or tree branch. On a hot day you could use water balloons!

## Make it harder!

Try to hit the targets from further away. Use a frisbee instead of a ball or beanbag. Set a timer for collecting the items back in – who can be the quickest to start again?

Can you feel your heart beat faster?  
Are you breathing harder?

## Hoop-scotch

You'll need several hoops for this game. Lay them out on the ground in a pattern you can hopscotch through.



# Hula Hoop





## Hoop skipping

A hula hoop can be used just like a skipping rope. Hold the hoop vertically in front of your body. Then flip it down toward your feet, jump over it, and bring it back behind you and over your head



## Hula hoop pass

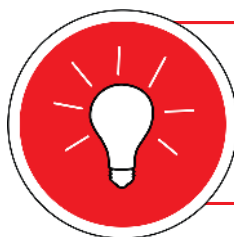
Have everyone stand in a line or circle holding hands. Give the first person the hoop looped over one arm. Players must pass the hoop down the line or around the circle without letting go of one another's hands.



Do you want children to be able to play with your children outside your own front door? Look at [playingout.net/](http://playingout.net/) for information on how to go about this.

### Make it harder!

Time yourselves doing it. Can you beat your time?



### Top tip

Hula hoops make great bases for many kinds of tag.



## Walking challenge: Week 4



Do you walk to school? Ask your Champion about our 'Walk to School' Tip Sheet to help you get started and enjoy the journey.



# Skipping

## You will need:

Skipping rope	Chalk
Hula hoops	Cushions
Ball	Chairs
Beanbag	



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



### Ants on a log

Stand along a skipping rope, in a line. Then switch places to line up in the opposite order, so the person at the start of the line ends up in last place, while the last person is in the

first place. The challenge is that you mustn't step off the line while you rearrange. It takes teamwork! You can also use chalk or tape to make your log.

### Snake in the grass

2 people sit on the floor, each holding opposite ends of the skipping rope. They wiggle the rope as the rest of the family jump over it.

If the rope touches someone, they are out. The winner is the last jumper to remain. Swap places and play



See how it's done:

<https://binged.it/2JYFdrv>



### French skipping rhyme:

**England!** (jump landing with both feet outside the elastics)

**Ireland!** (jump again landing with both feet inside the elastics)

**Scotland!** (jump outside again)

**Wales!** (jump landing both feet on an elastic)

Repeat again to the rest of the rhyme:

**Inside, outside, puppy dogs tails!**

Make it harder by turning in the air to face the opposite way when you land. What rhymes can you think of?

### Skipping

To test whether the rope is the right length for you, stand on the rope with both feet and point the handles to the sky. The handles should be between your waist and your shoulders.

The handles should be between your waist and your shoulders.

Can you skip five times? Ten? Twenty? Who in the family can skip for longest?



See how it's done:

<https://binged.it/2K0Gwq7>



## Skipping



## Family skipping

You will need a longer rope for this.

Make sure you have plenty of space and that the surface is suitable for running and jumping.

To start with, turners need to ensure they are positioned so that at least a metre of

rope is hitting the floor when it is being turned.

Skippers jump in when the rope hits the ground when they feel confident to do so.



### Family skipping rhyme:

Mabel, Mabel, set the table.  
Do it as fast as you are able.

Don't forget the  
SALT, PEPPER, KETCHUP, MUSTARD.

(Keep repeating the last line while turning the rope. If the jumper misses on "pepper", then the turners begin turning the rope fast - doing "hot peppers".)

Can you feel your heart beat faster?  
Are you breathing harder?

## Assault Course

Create an obstacle course out of whatever you have nearby.

Set a challenge: who can complete the course quickest? Who can complete it silently? Who can complete it backwards? If there are enough of you, make teams. An example of an indoor assault course:

- Weave through a set of markers. Use beanbags or cushions as markers

### Skipping facts

- Skipping exercises the upper and the lower body.
- Skipping promotes strength, balance and power.
- Skipping burns twice as many calories as walking.



- Pick up a skipping rope and jump 10 times
- Toss 3 beanbags into a hula hoop target
- Do 10 star jumps.
- Use a skipping rope as a line to balance along.



See how it's done:

<https://youtu.be/cm5xFixja9k>



Struggling to skip? Or want to up your game to work-out level?

Have a look at [www.skip-hop.co.uk](http://www.skip-hop.co.uk)



## Walking challenge: Week 5



Plan a weekend family walk to a nearby beauty spot. Plan to be out for at least an hour. Why not take a picnic and ask other families along? Make sure you have comfortable shoes, water and are equipped for the weather—suncream or sunhats? waterproofs and wellies? Splash in puddles, look out for wildlife and see what adventures you can have!

# Sports Day

## You will need:

Hula hoop

Beanbag

Chalk

Skipping rope

Markers for start and end of races – you could use chalk or tape

Sacks (or pillowcases or binbags)

Large kitchen spoons and 'eggs' (a tightly rolled up sock will do)



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



### Sack race



The race starts before you get in the sack. Jump to the end. The winner is first to cross the line. Little ones might need help getting in the sack.

If you don't have anything to use as a sack, jump with feet together



### Three legged race



Two players run with the left leg of one runner strapped to the right leg of another runner. First pair over the finish line wins.

Can you feel your heart beat faster?  
Are you breathing harder?

### Egg and spoon



Balance an 'egg' (use rolled-up socks) on a spoon and race with it to the finishing line. Hands must not touch the 'egg' other than to pick it up and put it back on the spoon if it is dropped.

**Over 18s**  
Want to check out how healthy you are? Go to [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou) and get a personalised on-line health check!

**ONE YOU**

### Hula hoop race



Run the course using a hula hoop to skip through. Or, hold a hoop in the air at the finish line which players have to jump through. Take turns to run the course, to see who can do it fastest!



Sports day



See how it's done:

<https://youtu.be/xehXqogyp1o>



**SPORT ENGLAND**  
**LOTTERY FUNDED**

**PEN**  
Parental Engagement Network



## Balance

Complete the race balancing a beanbag on your head (stop and put it back on your head if it falls off).

**Make it harder!**

Include obstacles such as a balance beam (chalk a line or use a skipping rope).



Find out how you can make your own beanbags and discover more games you can play together at [www.mamaot.com](http://www.mamaot.com) <https://bit.ly/2OyPTzz>



## Ball race

Dribble or bounce a ball through a course of markers (use jumpers, rolled up socks etc.).

**Make it harder!**

Set the cones closer together



See how it's done:

<https://youtu.be/7YOUktbrBWE>



### An outside game for a hot day:

You will need:

2 buckets or bowls ; 1 sponge.

Place the buckets a distance away from each other. Fill one with water.

One at a time, players soak their sponge in the full bucket, run up to the empty one and squeeze it out. They then keep going or, if in

a team, hand the sponge to the next person in line until everyone has had a turn and then measure the water in the far basins to see who has moved the most water over.



## Sponge relay



See how it's done:

<https://binged.it/2sSEv9Q>



Does your school do The Daily Mile? Did you know you can join in? Find out more about this free social activity and get your family involved at [www.thedailymile.co.uk](http://www.thedailymile.co.uk)



## Walking challenge: Week 6



How many places have you walked together as a family since you started the challenge? There are lots of places you might not have thought about such as the library, leisure centre, a friend or relatives house. Where can you think of? Try to walk briskly for at least 10 minutes, 3 times a week.



# Dance

You will need:

Music



Try doing some or all of the activities on this sheet. Some games will be the same as ones you have played in the group sessions. Which of these games is your favourite?

**Move  
to the  
music**

Can you feel your  
heart beat faster?  
Are you breathing  
harder?

Put on your favourite music and dance!



BBC Supermovers has some fantastic videos to get you moving. Check out [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)



Try an App!

If you want a regular cardio and strength workout but struggle to fit one in, try an app such as the 7 Minute Workout. It's a great idea and easy for all the family to join in!



**Traffic  
lights**

Give each colour an action such as:

**Red – dance with a partner**

**Yellow – do the twist**

**Green – Ballet move**

Practise the actions before the start of the game.

Put on some music and move freely. On the

call of "red," "yellow," or "green", players do that action (it doesn't matter if you get it wrong - that's part of the fun!).

The variations of this game are endless. Other traffic light actions could be: Jump, hop, run to a specific corner of the room.

Let everyone come up with ideas!

**Make it harder!**

Put on some faster music



Do you have a games console at home? Nintendo Wii, Xbox and PlayStation all have games that can be played as a family such as Just Dance, Wipe Out, Wii Fit and Zumba

Fitness. They can be lots of fun too. Do you have any forgotten games at home that can be dusted off and used to help you become more active?



**Dance**





## Musical statues



Put on some music to dance to. Everyone dances until the music stops. When it does, players have to freeze in whatever position they find yourselves in – even if they have one leg up.

The first person to move is 'out'. The last player left standing is the winner.

A variation on this game is Musical Bumps. When the music stops, players must sit on the floor as quickly as possible. The last one to sit down is out!

Join [www.gonoodle.com](http://www.gonoodle.com) for lots of family dance videos to join in with together. It's

**GoNoodle**

free and lots of fun!

Keep going, adding a new move each time, until an entire dance routine has been created. If everyone is good at remembering the moves, you could end the game with the whole circle performing the routine together.

## Dancing chain



### Make it harder!

Ask players to freeze in specific poses: animals, shapes, letters or even yoga poses.



10 minute missions

from your favourite Disney Pixar characters. Can your family take on The Incredibles?

[www.24hourchallenge.com](http://www.24hourchallenge.com)



## Walking challenge: Optional Week

Can you plan a walk using the Walk-it website? This great website will create a route map between any two points, or a circular route, and will give you details about your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

[Walkit.com](http://Walkit.com)

# Cool Down

“Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently.”



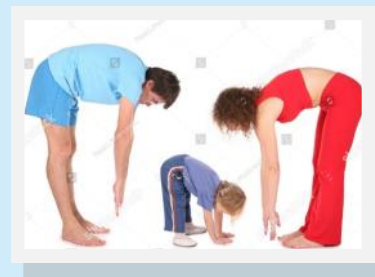
Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky – stand on your tip toes!
- Bending down to touch your toes – try to keep your legs straight!



Next, loosen up by doing some gentle neck circles:



1

## How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again in the opposite direction.

2

## How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.

Shake off the rest of your energy through your finger and toes.

Well done!



See how it's done:  
<https://binged.it/2JMhJWo>





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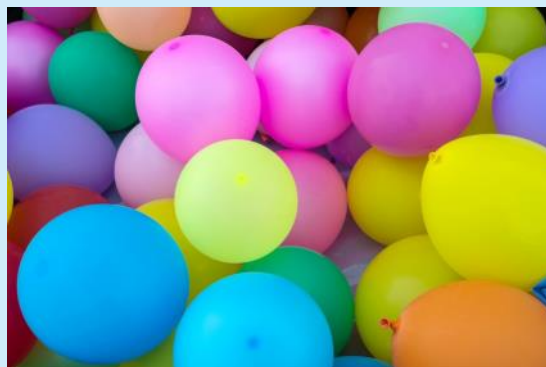
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This image shows a single sheet of white paper with ten horizontal blue ruling lines. The lines are evenly spaced and extend across most of the width of the page. On the left side, there is a vertical green margin line. The entire sheet is framed by a thick green border. There is no handwriting or other markings on the paper.[illegible]

# Record your own games!







# Record your own games!





## Monitoring and Evaluation



## Why do we need to fill in the forms?

This project is part of large group of pilot projects funded by the Lottery through the Sport England Families Fund. The aim of which is to evaluate approaches to improving family fitness. For comparison, collected data needs to be the same across all the projects.

In order to see whether Active Families is a sustainable and successful way of increasing family activity levels, we need data from everyone who takes part; every child and every adult including regular volunteers, and also data about the sessions and session attendance.

You will need to collect the following data from all participants, even if they only attend for a short time.

- Baseline demographic data
- Baseline activity levels
- Follow up activity levels
- Baseline attitudes to sport and physical activity
- Follow up attitudes to sport and physical activity
- Views on quality of experience
- Data relating to 'Government Outcomes' (mental wellbeing, individual development, social and community development) (baseline and follow up)

This information is then given to Sport England so they can understand who the programme is reaching. Sport and physical activity data are being collected so they can understand participants' levels of physical activity before and after their engagement with the project. Data relating to participants' wellbeing and mental health are being collected so they can understand if projects are contributing to wider social and personal (as well as sport/physical activity-related) outcomes for individual participants. Some of this data will then be compared to national datasets.



# Which forms do we complete?

**Form 1a**—Every adult who attends a session should fill this out.

**Form 1b**—This form should be completed an adult for each child attending

**Form 1c**—An adult should complete this form for each child under 7

**Form 2a**—Each child aged between 5 and 7 should complete this form

**Form 2b**—Each child aged between 8 and 17 should complete this form

**Form 3b**—Every Parent Champion and regular volunteer should complete this form

**Form 4a**—Every adult who has participated in Active Families should complete this form 3 MONTHS AFTER THEY BEGAN THE SESSIONS

**Form 4b**—Every child aged 8-17 who has participated in Active Families should complete this form 3 MONTHS AFTER THEY BEGAN THE SESSIONS

**Form 4c**—Every child aged 5-7 who has participated in Active Families should complete this form 3 months AFTER THEY BEGAN THE SESSIONS

**Form 4d**—Every adult should complete this form 3 MONTHS AFTER THEY FINISH being involved in the Active Families programme.

**Form 4e**—Every child aged 8-17 should complete this form 3 MONTHS AFTER THEY FINISH being involved in the Active Families programme.

**Form 4f**—Every child aged 5-7 should complete this form 3 MONTHS AFTER THEY FINISH being involved in the Active Families programme.





## Top tips for collecting your Sport England data

- Using a coffee morning and/or a taster session, involving as many staff as possible especially those with community languages, has proven to be the best way to sign up families to the project and get the forms completed.
- Consider individual meetings with some families to complete the questionnaires. Particularly those for whom the paperwork is particularly off-putting.
- Make sure families are aware of the incentives to join the project. It's not all about the paperwork!
  - \* The equipment they get to keep
  - \* Having fun together as a family
  - \* Making friends with other families
  - \* Becoming more active
  - \* Becoming more involved with school
- Would translation help? Speak to PEN if you think you could facilitate this or if it would help significant number of your families.
- Would digital collection help? Speak to PEN if you think you could facilitate this or if it would help significant number of your families.
- Feel free to adapt and personalise the forms with your school logo or Active Families name, but please don't re-word the questions.

**If any of the questions are particularly difficult, or don't make sense – please let us know.**