

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 <br> 

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.


See how it's done:
https://youtu.be/ BrMEHOjyLhO


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.

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!

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!



See how it's done:
https://youtu.be/ GQRchbj1_dY


Home activity

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.

Make it harder! Keep going as long as you can!

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.

## Balloon Surprise

 When the balloons pop you can read the messages out loud.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


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.

Home activity

## Simon says

games will be the same as ones you have played in the group sessions. Which of these games is your favourite?



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.

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



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



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


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:


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?

Make it harder!

## 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

## 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 if 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.


Standing in a circle, try to keep the ball in the air potato 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.
Sit less, move more!
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!

## 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!


## 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?

## 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

## 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.

> 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?

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




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

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/ 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:

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.

2 people sit on the floor, each holding opposite ends of

Snake in the grass 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


## French skipping rhyme:

England! (jump landing with both feet outside the elastics) Ireland! (jump again landing with both feet inside the elas-
tics)

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.

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

See how it's done:
https://binged.it/2K0Gwq7



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:
(Keep repeating the last line while turn-
Mabel, Mabel, set the table. ing the rope. If the jumper misses on

Do it as fast as you are able. "pepper", then the turners begin turning

Don't forget the the rope fast - doing "hot peppers".) SALT, PEPPER, KETCHUP, MUSTARD.


Sports Day

## You will need:

| Hula hoop | Sacks (or <br> pillowcases or <br> binbags) <br> Beanbag |
| :--- | :--- |
| Chalk | Large kitchen <br> spoons and <br> Skipping rope |
| $\left.\begin{array}{ll}\text { Markers for start and } & \text { eggs' (a tightly } \\ \text { end of races - you } & \begin{array}{l}\text { rolled up sock } \\ \text { will do) }\end{array} \\ \text { could use chalk or tape } & \end{array}\right]$ |  |

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? race

> Three legged 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


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.


\section*{Over 18s

Want to check out how healthy you are? Go to www.nhs.uk/ oneyou and get a personalised on-line health check!


## 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.


See how it's done:
https://youtu.be/xehXqogyp1o
 and discover more games you can play together at www. mamaot.com httpsbit.ly/20yPTzz

Find out how you can make your own beanbags
Complete the race balancing a beanbag on your head (stop and put it back on your head if it falls off). balance beam (chalk a line or use a skipping rope).

## 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.
a team, hand the sponge to the next person in line until everyone has had a turn and

Sponge then measure the water in the far basins to see who has moved the most water over.

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


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 <br> 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.

You will need:

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?


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?



## Musical

 statuesEveryone stands in a circle. One player starts the dance chain by making a simple dance move such as waving a hand in the air or jumping once. Everyone copies the action in turn. Once the entire circle has done it, the next player to the left leads by repeating the move and adding a move of their own. Go round the circle, copying both actions.

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.

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 for lots of family |
| :--- |
| dance videos to join in with together. It's |
| GoN69dle free and lots of fun! |



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

## 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: 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.

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

Well done!


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




## Monitoring and Evaluation

SPORT ENGLAND

## 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.

Parental Engagement
Network

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 $\mathbf{2 a}$-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 $\mathbf{4 e}$-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.

Animals
An Early Years and Primary curriculum based activity sheet for the whole family.


Choose an animal and write a diary entry about their typical day in the zoo. Use zoo webcams and websites to find out more!

OR
Write a diary entry describing a Day in the Life of a zookeeper.

| $\square$ |
| :--- |
| $\square$ |Did you know... .. Zoos around the world are raising cheetah kittens with puppy companions to help the cheetahs deal with excess energy, learn social cues, and combat stress!

## Guess the Animal

Can you use three adjectives to describe a zoo animal? Can another member of your family
guess the animal?
We're going to the zoo!
 and do the actions!

$$
\begin{aligned}
& \text { Who am I? } \\
& \text { Think of your favourite zoo animal. } \\
& \text { Other family members have to ask } \\
& \text { you questions in order to guess what } \\
& \text { animal you are thinking about. } \\
& \text { BUT you are only allowed to answer } \\
& \text { yes or no! }
\end{aligned}
$$

Spy alert! Use Edinburgh Zoo website to check the live webcams.

Talk about what types of animals you can see? What country do they come from? What are they doing?
 What do you think they eat?

Who looks after the animals?
Check out www.chesterzoo.org/
Can you find out about animals that are at risk of extinction? What is the role of the zoos to sup-


How are you helping?

- Reading, talking, singing and writing together helps your child's development in lots of different ways.
- Listening to your child asking questions and helping them find the answers can really help your child's understanding.



## Do some junk modelling!

Design an animal enclosure for your favourite zoo animal!
Find some big cardboard boxes and some other scrap such as old newspapers, cardboard tubes, cereal boxes etc.

## Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
- Which were the children's favourite activities? Which were the adults'? Have you made up any games? Let us know how you're getting on by tweeting @PENetworkUK and we'll share!
- We're still trialling this resource, but have made it publicly available for free due to the current COVID-19 situation. Please let us know what you think of these activity sheets. Which were the best bits? Any problems? You can do this by emailing helen@penetwork.co.uk



## You will need:



## Catch

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

Try doing some or all of the activities on this sheet. Which games are new? Which of these games is your favourite?

## 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.

## Did you know?

## Regular physical activity reduces the risk of heart

 disease and other medical conditions e.g. diabetes and asthma
## Striker!

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.


The more people you have
the better. Get everyone in your
The more people you have
the better. Get everyone in your family involved!

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 you feel your
heart beat faster? Are you breathing harder? bottles. Fill them with an inch or two of water 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.


## Home activity

 sit less and move more!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, so


## 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.

## Walking challenge: Week 3

Do you remember where you walked to last? Can you beat your time?
Try walking a little bit further away each time. 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?

## 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:

- 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

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

Well done!



And then shoulder circles:

## 2 <br> 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.



## Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
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SPORT ENGLAND

LOTTERY FUNDED

## 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.

You might have played some games before, which is your favourite?

## Home activity

Balloon Bounce

Everyone lines up behind a marker. Another 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.

Put balloons between

Can you feel your heart beat faster? Are you breathing harder? your knees - have some spare balloons, just in case! Or place a soft toy on one foot and keep it there while walking.

## 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!



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!



Home activity

## Pass the Balloon

Get everyone in your family to stand in a line and see how quickly you can pass a balloon down the line and back again. 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

Make it harder! run to the back ready to have another turn.

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

Blow up lots of balloons and place them in different rooms. Take it in turns to see

## Balloon

Sweep 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.


## Walking challenge: Week I

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

## 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:

- 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

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

Well done!



And then shoulder circles:

## 2 <br> 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.
$\square$

games!


were you going?

Is there one you would like to drive?


Talk about transport you have used.

Which is your favourite? Why?


You could use empty cereal boxes, plastic bottles and cardboard tubes. There are no rules-get creative!


PEN シャ
Parental Engagement Network


Is there one you would like to drive?

## Make your own vehicle!

You could use empty cereal boxes, plastic bottles and cardboard tubes. There are no rules-get creative!


Sing the book and talk about the pictures.

## 



## How are you helping?

- You can help your child to learn by reading to them;
- Chatting with them helps them develop their language;
- Songs help them to learn about rhythm and rhyme.

What noise do police cars, ambulances and fire engines make? Why do they make that noise?

What do they do to help us?


Sing the book and talk about the pictures.

## Walk and talk!

Go for a walk together. Can you spot any of the vehicles from the story? Talk about the



## How are you helping?

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ambulances and fire engines make? Why do they make that noise?

What do they do to help us?


## Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

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## Chalk

## You will need:

## A piece of chalk.

Some electrical or masking tape.

Try doing some or all of the activities on this sheet. Some games. Which of these games is your favourite?


Families

## Home activity

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.


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.

## Number

## 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



## Home activity

A pack of chalk is 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. 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!
- Little ones can keep busy drawing a picture that will wash away with the rain while everyone else takes part in the family activity.

See how it's done:



## Did you know?

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

Walking challenge: Week 2

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

Where did you go?

## 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:

- 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

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

Well done!



And then shoulder circles:

## 2 <br> How to do shoulder circles

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

games!


## Space Scientist

What is the proper name for someone who studies the Solar System?

## Did you know...

... A comet is a chunk of ice, rock, and gas flying through space. When they get close to the sun, they heat up. We can see their glow and long tails.

## Flying Saucer Song



Sing the Flying Saucer Song


Can you make some actions to go with the words?

## My Comet

Make your own comet that you can fly around the room!

Use a wooden spoon.
Cut to different strips of shiny wrapping ribbon attach them to the spoon of end with some sticky tape.
One is the gas tail the other the dust tail Wrap some tin foil or shiny paper around the spoon end this makes the nucleus and coma of your comet.


## Key Words

Research comets and find out what the following words are: gas tail, dust tail, nucleus and coma.

Can you draw a comet and label the key terms?

Read More...
Hidden Figures Young Readers' Edition by Margot Lee Shetterly

A Child's Introduction to the Night Sky by
Michael Driscoll
I Love You, Michael Collins by Lauren Baratz
-Logsted
Gravity by Jason Chin
Margaret and the Moon by
Dean Robbins

Find out more...
... Halley's Comet is the most famous comet. It is a "periodic" comet and returns to Earth's vicinity about every 75 years. The last time it was here was in 1986, and it is projected to return in 2061.

Why is the comet called Halley's comet? How old will you be in 2061?

## Space Words

Can you write clues for each of these words, and make a guessing game to play together?

| Planet | Gas | Gravity |
| ---: | ---: | ---: |
| Star | Orbit | Atmosphere |
| Moons | Rings | Comet |
| Asteroid | Solar system |  |

## How are you helping?

This activity will help you and your child to...

- Develop rhyming skills and awareness
- Sharing learning, learning something new together
- Encouraging finding out more.. research
- Talking, listening and asking questions
- Singing and creative play.


## Playing with dice

Parental Engagement Network
Network
a communiry interest company icia
An Early Years and Primary curriculum based activity sheet for the whole family.

## Emotions



Draw different faces displaying different emotions and feelings on each side of the dice. Take it in turns to roll the dice and say what emotion is shown. Can you try to recreate the expression?


## Animals

Draw pictures of different animals on each side of the dice. Can you make the noise of the animal that you roll?

## Shapes

Write a shape name on each side of the dice and draw whichever shape it lands on.


Numbes 1234056
Roll the dice twice and record the two numbers every time. up to 10 ?

## Stories



Textures
Draw different body parts on each side of the dice. Point to and move whichever part you throw. What is it called?

Can you do a funny dance only using that body part?


Write different textures and descriptors on each side of
the dice. Ask your child to find items that match this description e.g. soft, fluffy, rough.


Draw different characters on each side of the dice. Roll the dice and use
 whichever character it lands on to create a different game or story. Roll the dice as many times as you'd like to add characters.


Draw a picture of an item of food on each side of the dice and decide if it's healthy or not. What are your favourite foods and why?

## Towers <br> Whatever number you land on when you roll the dice, gather that many items and build a tower with them!

## Food



# Down at the Farm 

## Old MacDonald...

What noise does a chicken, or a cow make? How many farm animal noises can you make?

What is your favourite farm animal?
How many different farm animals have you seen before?

Sing Old MacDonald had a Farm together and make the actions and noises of the animals.


## Sculpture

Can you make a 3D sculpture of an animal using items from around the house?

What materials will you use to create the shape of the animal? You could use items from the recycling, playdough or lego!
Can you give clues as to what animal it is?

Find out more...
... Look at the labels inside your clothes, how many of them have wool in them? If not what else are they made of?

## Wordsearch

Make your own search using vocabulary from the farm. Draw a grid and write in the words, then fill the empty boxes with random letters. Have a look at this one to get you started!

| Cat | Dog | Cow |
| :--- | :--- | :--- |
| Goat | Horse | Pig |
| Duck | Chicken | Sheep |
| Fish | Bird | Mouse |



Read More...
How Did That Get in My Lunchbox? The Story of Food by Chris Butterworth The Very Busy Spider by Eric Carle The Grumpy Morning by Pamela Duncan Edwards

The Sheep-pig by Dick King-Smith

## Did you know...

... Wool is a super fabric! It has lots of amazing qualities that make it useful for making a range of products.

## Farming and Food

Look in your food cupboard. List how much of your food is produced on farms.

Where does your food come from? How much of your food is farmed in the UK?


## Weaving

Fabric made of wool is either woven, knitted or crocheted. Does anyone in your house knit or crochet? Ask them to show you how!
You could make a simple cardboard loom and learn to weave.


## How are you helping?

These activities will help you and your child to...

- develop conversational skills
- develop a greater awareness of nature and animals
- practice and improve turn-taking skills.

An Early Years and Primary curriculum based activity sheet for the whole family.

Step 1: Cut out the shape
Step 2: Fold along the lines
Step 3: Tuck and glue the tabs inside the cube


An Early Years and Primary curriculum based activity sheet for the whole family.

Parental Engagement

Step 1: Draw your own images on the 6 different sides of the dice. You could use the "Playing with dice" worksheet for ideas on what to write or draw

Step 2: Cut out the shape
Step 3: Fold along the lines
Step 3: Tuck and glue the tabs inside the cube


## Home learning activities

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# Hula Hoop 

## You will need:

## Some hula hoops.

Some bean bags, balls or a frisbee.


Try doing some or all of the activities on this sheet.
Which of these games is your favourite?

## Hula

 hoopingSpin 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 and see how much you improve.


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 if you have any in your garden.

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? Did you know that a round plastic chocolate box lid makes a fantastic frisbee!

## Home activity

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.

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.

## Make it harder!

Time yourselves doing it. Can you beat your time?


Play 'the ground is lava' disco-style using hula hoops instead of the furniture! Put on some music and dance around. When the music stops the ground turns to lava; everyone must jump into a hoop to survive. The last one to jump in a hoop gets caught in the lava and is out!


## Top tip

Hula hoops make great bases for many kinds of tag.

Walking challenge: Week 4


Try walking at an earlier or later time of day and try to notice what's different. Is it colder, warmer? Can you hear birds, traffic? Keep a journal to help you remember what you've seen and heard.

## 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:

- 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

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

Well done!



And then shoulder circles:

## 2 <br> 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.
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games!



An Early Years and Primary curriculum based activity sheet for the whole family.

## Magic props

What might a magician need to make magic? Have a look around your house for things that could help you.

Can you find a hat, a wand or a pack of cards?


## Did you know...

... The magical words "hocus pocus" are created because of the name of a sorcerer in the Norse mythology who was called Ochus Bochus.

## Magic books

Do you have a book about magic that you could read with your child? Some good one's are:

Meg and Mog by Helen Nicoll and Jan Pienkowski.
Harry Potter by J K Rowling
The Worst Witch by Jill Murphy
Carbonel by Barbara Sleigh
Mr Majeika by Humphrey Carpenter


Did you know...
... .There are two kinds of magic: Black magic and white magic!

## Spooky spells



## Wizard words

Make some letter tiles out of scrap paper and find a 'cauldron' from your kitchen to make word spells. Choose three or four letters and put them into the cauldron. Make this spell while you are stirring with your wand:
"Stir the letters round and round, Stir them so they blend their sounds. Eye of bat and beak of bird, Tip them out and make a word."

Now tip the letters onto the tray and see if you can make a word. Has your spell worked? If you can't make a real word, choose some different letters and have another go or try making a nonsense word!


Pretend that you have collected all the weird and wonderful ingredients. Put them in a cauldron, stir them up, wave the wand and cast your spell.
Read a book with your child. If there are any spells in it, what ingredients are used? You could make up your own spells and write a list of what you need. Legs of bugs, tail of rat, quack of duck, cobwebs?

## How are you helping?

Making up and acting plays or playing games will develop their speaking skills and confidence

Having fun with reading and writing games will help your child feel more confident and motivated to read and write.

## Home learning activities

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## Moving to Music

## You will need:

## Some music

Put on your favourite music and dance!

$\delta$

## Traffic

## lights

Red - dance with a partner
Yellow - do the twist
Green - Ballet move
Practise the actions before the start of the game.

Try doing some or all of the activities on this sheet. What is your favourite type of music to move to?

Move to the music


## 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!

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 up with
ideas!

## Make it harder! come

Put on some faster music


Do you have a games console at home? Nintendo Wif, 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?



Everyone stands in a circle. One player starts the dance chain by making a simple dance move such as waving a hand in the air or jumping once.
Everyone copies the action in turn. Once the entire circle has done it, the next player to the left leads by repeating the move and adding a move of their own. Go round the circle,
copying both actions. 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

## Musical

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 it's hard to balance!
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!

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

Join www.gonoodle.com for lots of family dance videos to join in with together. It's

## free and lots of fun!

GoN69dle


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

## Cool Down

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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:

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Repeat this five times, then do it again

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

Well done!



And then shoulder circles:

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games!



## Our Hands

An Early Years and primary curriculum based activity sheet for the whole family.

## Talk about your hands

Whose is bigger?
Do they have lines on?


Are you wearing nail varnish?
Are you wearing any rings? What do they mean?
What can you do with your hands?
Draw
Draw around your hands.
Write or draw pictures inside your hand drawings of ... ... your favourite foods ... your favourite colours ... something special about you ... who you love.

## Hand circle

Draw round your hands on some spare paper and cut them out. Put them together in a circle. In the middle, write down what you like doing together.


You will need:

- A light source, the sunshine, a lamp or a torch
- A plain coloured wall.

Practise making the shadow puppets-everybody can have a go!
Can you make up any of your own?
Can you put the shadow puppets you have learnt into a show?

## Words words words!

Use "hand" to make some compound words.

- handball
- handbag



## How are you helping?

This activity will help you and your child to...

- think and talk about your family
- practise writing
- learn new things
- be creative.


## Shadow puppets



Did you know...
... that hand is an ancient unit of measurement. Now standardised to 4 inches or 16 cm . A Hand is measured is the span of your hand from the tip of your thumb to the tip of your little finger.

What is the span of your hand? Can you measure it?
Use your handspan to measure objects around your house, compare your measurements with other family mem-

## Home learning activities

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## Skipping

## You will need:

| A skipping rope. | A beanbag. |
| :--- | :--- |
| Some hula hoops. | Some chalk. |
| A ball | Some cushions. |

## Snake in

 the grassTry doing some or all of the activities on this sheet. Which of these games is your favourite? Families

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

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.

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


## Home activity

 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

You will need a longer skipping rope for this.

Make sure you have
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: | SALT, PEPPER, KETCHUP, MUSTARD. |
| :---: | :---: |
| Mabel, Mabel, set the table. | (Keep repeating the last line while turning |
| Do it as fast as you are able. | the rope. If the jumper misses on "pepper", |
| Don't forget the | then the turners begin turning the rope fast - |
| doing "hot peppers".) |  |

## Assault

## Skipping facts

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


## 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
- 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.

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

Have a look at www.skip-hop.co.uk
 sunhats? waterproofs and wellies? Splash in puddles, look out for wildlife and see what adventures you can have!

## 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:

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

Well done!



And then shoulder circles:

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- 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.
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games!




## Spider-Man

Spider-Man is a fictional superhero created by writer-editor Stan Lee and writer-artist Steve Ditko. He first appeared in the anthology comic book Amazing Fantasy in 1962. What special 'spider like' qualities do you think he has? Can you draw a cartoon that features some of these qualities?

## Did you know...

... Spiders are arachnids, not insects. Other members of the arachnid family include scorpions, mites and ticks!


Spider Quiz

## Incy Wincy Spider

Can you sing Incy Wincy Spider together?

Don't forget the actions!


Make up a quiz on the theme of spiders. Here is a question to get you started: Aragog is the spider in which book?


Read More...
Do you have some books about spiders you could read with your child? Here's some we like!

Charlotte's Web by E.B. White
I'm Trying to Love Spiders by Bethany Barton

Aaaarrgghh! Spider! by Lydia Monk Miss Spider's Tea Party by David Kirk Bear's Scare by Jacob Grant Diary of a Spider by Doreen Cronin

## How are you helping?

These activities will help you and your child to...

- Asking open questions encourages your child to use language and share ideas.
- Listening to your child encourages them to talk more.
- Singing songs helps children to develop an awareness of rhythm and rhyme.
- It is important to encourage children to enjoy moving their bodies to keep them healthy and fit.


## Spider Web

## In Your Garden

See how many spiders or little ani-
mals you can find. Talk about them.
You could help your child asking questions:
Where do you think we could find some little animals?
I like eating toast for breakfast. I wonder what they eat?
Can you spot any differences between the little creatures we have seen?
Have you noticed that sometimes something magical happens to spiders' webs in the mornings?


Can you make a spiders web from string, or wool?

## Find out more...

... Some people keep spiders as pets. Find out more about this and write a leaflet about how to keep spiders. Include pictures!


## Origami Spider

Make your own origami spider from foil!

Watch the video to find out how!

## Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
- Which were the children's favourite activities? Which were the adults'? Have you made up any games? Let us know how you're getting on by tweeting @PENetworkUK and we'll share!
- We're still trialling this resource, but have made it publicly available for free due to the current COVID-19 situation. Please let us know what you think of these activity sheets. Which were the best bits? Any problems? You can do this by emailing helen@penetwork.co.uk


You will need:
A hula hoop
A beanbag
A chalk
A skipping rope
Sacks (or pillowcases or binbags)

Try doing some or all of the activities on this sheet. Which of these games is your favourite?

1 Families

The race starts before you get in

## Sack race

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!


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.


## Active

 Families
## Home activity



Find out how you can make your own beanbags and discover more games you can play together at https:// www.wikihow.com/Make-a-Bean-Bag

Make it harder!

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

## 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:


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
then keep going or, if in a team, hand the sponge to the next person in line until

Sponge relay everyone has had a turn and then measure the water in the far basins to see who has moved the most water over. in the full bucket, run up to the empty one and squeeze it out. They

## See how it's done:



Set your family members a daily challenge! Can Mum do 10 keepy-uppy's a day? Can your big brother learn to juggle? What will your challenge be? Create a leader board and keep track of everyone's achievements!

## Walking challenge: Week 6

How many places and how far have you walked together as a family since you started the challenge? What new things have you noticed and talked about on your walks? Remember to try to walk briskly for at least 10 minutes, 3 times a week.

## 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:

- 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

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

Well done!



And then shoulder circles:

## 2 <br> 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.
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games!



## Three Little Pigs

An Early Years and Primary curriculum-based activity sheet for the whole family

## Read

Read the story together. There are lots of versions online. You can read a few and pick your favourite!

You can find one version here: tinyurl.com/pen-littlepigs

## Revolting Rhymes

Have you read Roald Dahl's Revolting Rhymes? Listen to his version of the Three Little Pigs here: penetwork.co.uk/revolting-rhymes


Talk about how you can tell the same story in lots of different ways. Can you write or draw your own version of the Three Little Pigs?

## How are you helping?

- Finding time to share a book will help your child become interested in reading.
- It's good for children to make things and be creative.
- Retelling stories helps to develop children's language.


## Pigs Fly

Play the "Pigs Fly" game.
The leader faces the group and calls out "Ducks Fly!" "Owls Fly!" "Pigs Fly!" and so on.

When an animal is named which can fly, the children flap their arms. When an animal which doesn't fly is named, they shouldn't flap their arms. Anyone who does is out!
or straws.

Pretend to be the greedy wolf and say "I'll huff and I'll puff and I'll blow your house down!"

Can the wolf blow any of the

Have a go at making houses for the little pigs out of empty cereal packets, building bricks, newspapers houses down?

## Houses

## Did you know...

Pigs wallow in mud to keep themselves cool.

Wolves can swim up to 8 miles! Find out some more facts about pigs and wolves.

## Read more...

Charlotte's Web by E. B. White is a lovely story about a pig and a friendly spider.
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## Treasure Island

An Early Years and Primary curriculum based activity sheet for the whole family.

## Dig for Treasure

Pretend that you are pirates. What Pirate names can you give
 yourselves? One-eyed Jake? Captain Rum Belly? Sally Scurvy? Hop-a-long Harry? Courtney Cutlass? Or you could make up your own pirate name.

You are looking for treasure. Sail to a desert island, find the treasure and start digging... but watch out for the other pirates!

## How are you helping?

Helping your child to recognise letters and hear the sounds that they make will help them to read and write.

Labelling the map will develop your child's writing and spelling skills.

## Dress up

You could make an eye-patches for each other from old black material, paper and some elastic or thread. What other clothes can you find to make up your pirate costume?

## Treasure Map

Can you make a treasure map. Find a piece of paper and draw an island on it.

What sort of island is it? Are
 there caves or a swamp, a river or a forest?

Think of the names for the places on the island, Here are some ideas... Monkey Beach, Sunny field, Rowing Boat Cove, Pearl Coast, Adventure Meadow.

Remember to mark North, South, East and West .
Get an old teabag and dab it on the map to make it look old... you could also screw the map into a ball to make it creased or carefully rip the corners.

## Treasure Trove

Make some gold coins out of spare paper and write a letter on each one e.g. d pg

Say the sounds that the letters make.
One of you can hide the coins for the other to find.
Place the coins around the room so that you can still see them.

Call out one of the letter sounds written on a coin.
Can your child find the correct letter on it?

Maybe you could make words by putting the coins together.

## Read a book

Do you have any Pirate books you could read with your child? Here's a few suggestions:

- Pirates Love Underpants by Claire Freedman
- How to Train your Dragon by Cressida Cowell
- The Pirate Cruncher by John Duddle

- Captain Pike looks after the Baby by Marjorie Newman.


## Message in a bottle

Pretend that you are marooned on a treasure island. Can you write a message to put in a bottle to let someone know where you are and that you need rescuing! Who will come to get you?

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## River Racetrack

 Make a 'river' race track by finding some space. Your living room or hallway will do! Mark a start and an end with chalk, a piece of string, or even just some cushions.

You could draw boats (or other vehicles) on a piece of paper and then cut them out. Use a newspaper or magazine to flap the boats down the 'river' racetrack. Who will win?

## Did you know...

... the first known boat dates back around 8,000 years-ago!


## On the Building Site

Imagine that you and your child are on a building site and need to give instructions to each other. The building site is very noisy! Can your child write instructions on a piece of


## Walk and Talk!

Go for a walk together and talk about the vehicles you can see. What colour are
 they? How many different types of vehicles can you see? Who do think is driving them and where do you think they are going?

Find out more...
... Visit the London Transport Museum to find out what kind of engineer you could be, play games and discover more about engineering and the history of transport. paper?

## UK Road Signs

On your walk can you spot any road signs, what do they mean, and who are they for?
Record them all on a piece of paper.
If you don't know look them up in the Highway Code.
Can you work out the difference between the triangle shape
 and circular shaped signs, the different colours.

Design a quiz to play with your family.

## How are you helping?

- Sharing learning
- Encouraging them to find out more
- Talking, listening, reading and asking questions
- Singing and creative play



## Creatures

Can you create your own underwater creature? Give it a name and describe its features. Talk about what it does and draw a picture so people know what it will look like. What colours will you use?

## Did you know...

... Jellyfish have been around for more than 650 million years, which means that they existed before dinosaurs!


## Baby Boat

Make your own boat or raft with things around the house. Can you make a boat that floats? If it floats, how much weight can it hold?

## Pond Life

If you have something made out of blue fabric, spread it out to make a pretend pond, river or sea. Draw and cut out some fish-how many different designs can you use? Will your fish be spotty, stripy or curly whirly?

Drop your fish into your "pond". What are the fish doing? Can you jump in and swim with them?


Can you write down the numbers you sang about? Or draw a picture of the animals?

What other songs or rhymes about water do you know?

## Did you know...

 tap water into a glass jar. Watch what happens.Read More...
Here's some books about water we like! The Water Horse by Dick King Smith The Little Mermaid by Hans Christian Anderson
Tiddler by Julia Donaldson
Splish Splash Ducky by Lucy Cousins
Curious George goes Swimming by H A Rey

## How are you helping?

This activity will help you and your child to...

- Develop rhyming skills and awareness
- Develop counting skills
- Playing games can help your child to learn and practise many different skills and develop their imagination and creativity
- Explore using different materials, tools and techniques.
... The Encyclopaedia Britannica website has lots of information about fish. What creatures can you find out about? Does the sea have different underwater creatures to ponds, lakes and rivers? Can you create a fact file about the fish you have seen or would like to see?


## The Water Cycle

Water on Earth is constantly moving and is recycled over and over again. This recycling process is called the water cycle.
Here's an experiment to make it rain indoors!
Put some ice cubes on a plate, then pour around 3 cm 's of hot

Put the plate on top of the jar.

Can you see droplets forming on the bottom of the plate? If you tap the plate they will fall down like rain!

