

Fun Fitness Activities

Grade Prep-1

Fun Fitness Activities are things that you can do if you don't have access to sports equipment at home. We have provided you with ideas to help achieve a minimum of 30 minutes physical activity every day. Huffing & puffing on a daily basis is good for our health & wellbeing! Links to websites are provided here for your convenience by clicking on the highlighted text in blue.

| Huff & Puff activities that you can do at home without a plan | Ride a Bike  | Trampoline  | Hoola  | Ball Play  | Skipping  | Ride your Scooter  |
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| <p>Endurance Fitness With an adult, see how long you can ride your bike without stopping and record the time you achieve. Take a short break if you need and then keep going.</p> <p>Re-complete this activity every few days, trying to beat your time.</p> | <p>Yoga Watch the Cosmic Kids Yoga Adventure all about learning to wash our hands properly! Listen carefully and copy the moves the instructor performs.</p> | | <p>Bean Bag Balance Practice balancing with the bean bag on your head. What does your body need to do to make sure it doesn't fall off? Where should you look? What should your arms be doing?</p> <p>Challenge yourself by using a small soft toy that has an odd shape, doing a heel-toe walk, walking around obstacles, walking backwards or lowering your body to touch the ground!</p> | | | |
| <p>Throwing & Catching Continue to practice your underarm throwing and catching using your bean bag or a pair of rolled up socks.</p> <p>Throw towards some of your teddy bears or see if there is a partner at home to practice with!</p> | <p>Walking Go for a 10-15 minute walk with an adult. Don't forget to take the dog if you have one.</p> <p>Running Go for a run around the block with an adult.</p> <p>*Re-complete the circuit every few days,</p> | <p>Dance Complete the KIDZ BOP Kids dance routine, following along with the song "Dance Monkey."</p> | <p>Exercise Simon Says Play a game of Simon Says with some family members. Use exercise commands such as run on the spot, do 10 star jumps etc.</p> <p>Choose one player to be "Simon." If Simon says, "Simon says jump on one foot," then players must jump on one foot. But, if Simon simply says "jump," without first saying "Simon says," players must <u>not</u> jump. Those that do are out.</p> | | | |

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| | trying to beat your time. | | |
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