

STAY SAFE.
STAY ACTIVE.

PHYSICAL ACTIVITY AT HOME DIARY

NAME:

SCHOOL:

YEAR GROUP/CLASS:

Hello!

We understand things are a little bit different at the moment. Everything around us is constantly changing: the rules, the guidance, who you can go to see, who you cannot mix with and everything from going to school to seeing your family and friends seems to have been affected.

It has to be expected that children and young people may feel a little down, overwhelmed or unmotivated in their everyday routines. However, one thing we can do together to try and keep their spirits high and mood positive is to encourage them to continue daily physical activity!

It has been scientifically proven that physical activity and exercise can have a positive effect on our mental health. This and many other well-documented benefits of physical activity are the main reasons it is vital your child continues to take part in physical activity whilst at home.

Each day, more and more children are required to stay home from school to self-isolate and we want your child to continue to have the opportunity to stay active during this time. This is why we have created this Physical Activity at Home Diary.

This diary contains one activity per day for a 14-day self-isolation period, in addition, there is also a cross-curricular activity per day relating to core subjects such as English, Maths and Science.

If your child is in Key Stage One (Years 1-2) they may need some additional support when completing the activities. If your child is in Key Stage 2 (Years 3-6) they should try to complete the activities individually but you could be on hand should they need any support.

Physical activity and exercise is beneficial for everyone, so why not turn it into a family activity? Join your children for the daily activity and encourage other family members to take part too!*

Towards the back of the diary, there is a page with additional activities called the 'Wellbeing Wall'. This provides 14 additional activities to support your child's wellbeing throughout the isolation period.

We hope your little one has fun, stays safe and stays active during their time at home.

*When involving other family members, please remember to follow government advice and guidance.



Day One. ABC Hunt

Travel around your house in a variety of ways and try to find an item for each letter of the alphabet.

You only have 15 Minutes to try to complete the alphabet. Write your items below. The blocks have been completed for you already.

Examples:

A = Apple

B = Book

C = Chair

and so on...

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

V _____

W _____

X _____

Y _____

Z _____

Using only the letters you have managed to fill in above, how many words can you create?

What is the longest word you can make using each letter only once?

Answer:



Day Two. Jump Against the Clock

How many star jumps can you do in a set amount of time?

Time yourself or get another member of your house hold to help.

15 seconds:

30 seconds:

60 seconds:



Challenge Yourself! We have doubled the time on each go. Can you double your score?



Using your scores from above, can you answer the following maths related questions?

What is the total amount of star jumps completed?

Find the difference between your highest and lowest score?

If you did this activity three times in a week, what would be your total score for the week?



Day Three. Animal Travel

Travel around your house visiting at least three different rooms.

When moving around it is sometimes helpful to think of how animals travel to help vary our choice of movement. Can you travel to different rooms in your house like different animals, for example across your kitchen like a snake?

Write the room and the animal in the boxes below:

Room:

Animal:

Room:

Animal:



Challenge Yourself! How quickly can you move like a crab?



Identify and write down the different body parts used when travelling like the following animals:

Lion

Snake

Kangaroo

Penguin

Crab



Day Four. Target Throw

It's time to work on your hand eye coordination!

Roll up a pair of socks and try to throw them directly into a bucket, box or wash basket.

After each successful throw take an estimated 30cm step backwards.

Have 5 attempts and write your scores below followed by the total:

1.

2.

3.

4.

5.

TOTAL =



Challenge Yourself! Try to use a smaller target such as small bucket or bowl.



Following your target throwing activity can you answer the following questions:

In centimetres, how far away from the target did you get in 5 throws?

If you moved back 60cm instead of 30cm. How far away would you have finished from the target?

Can you convert both your answers into millimetres (mm)?



Day Five. Different Rooms

Hop, skip, JUMP!

Can you move around your house only using hopping, skipping and jumping as a method of travelling?

To start, hop to the first room and touch the furthest wall from the door.

Next, skip to the next room and touch the window.

Finally, jump to the final room and touch all four walls.



Challenge Yourself! Move around the house only using the hop, skip and jump method



Once you have finished hopping, skipping and jumping around your house try to write a sentence below describing each room you entered. Try to use at least three adjectives in each sentence.

Room One

Room Two

Room Three



Day Six. Circuit Set

Complete the following circuit 3 times:

5 x Step Ups:
Using the bottom step of your stairs.

4 x High Knees:
Jumping bring your knees to your chest.

3 x Star Jumps
Big jump making a star shape with arms and legs

2 x Hops
Balance on 1 leg, bend your knee and hop

1 x Balance:
Balance on one leg for 30 seconds as your rest period.



Challenge Yourself! Double the number of times you do each one ie. 10 x Step Ups, x8 High Knees etc.



Thinking about the changes to your body when you exercise, write three sentences below to describe some of the changes that happened when doing the circuit. As an example, you may mention your heart beating faster.

#1

#2

#3



Day Seven. Yoga Pose



Can you hold the following yoga pose for a set amount of time?

First Attempt:
15 Seconds

Second Attempt:
30 Seconds

Third Attempt:
60 Seconds (1 minute)



Challenge Yourself! Research a different yoga pose and do the same again.



Once you have finished your yoga, its time to put your maths skills to the test with the following questions:

Adding all three attempts together, in SECONDS how long did you hold the pose for?

What percentage of a minute is 15 seconds?

What fraction of a minute is 15 seconds?

What percentage of a minute is 30 seconds?

What fraction of a minute is 30 seconds?



Day Eight. Button Up!

You have 5 minutes to collect as many things as possible in your house that have a button.
After you find each item, you must do 5 star jumps before you can set off to find a new item.



Challenge Yourself! When travelling to find a new item, try and move in a different way.



Write the items you have found in the boxes below:

Its time to get creative and use your imagination...

Write a short story that includes all of the items that you have found around your house.



Day Nine. The Floor is Lava

Using only two pillows or cushions, see how many rooms you can travel through in 3 minutes. Each time you touch the floor you must start the time and score again.

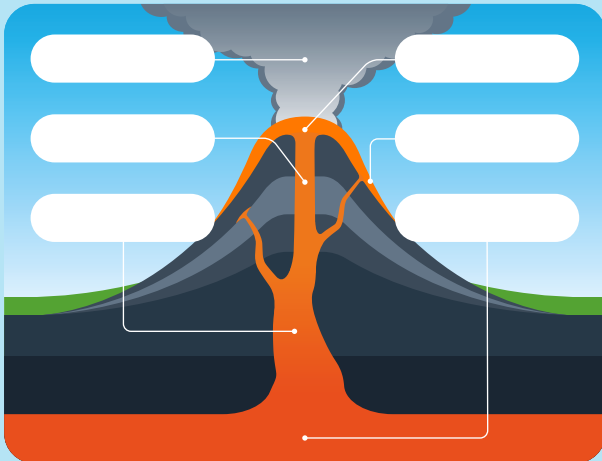


Challenge Yourself! Try to balance using only one leg on one pillow/cushion at any one time.



Write the number of rooms you managed to travel through here:

Research a volcano and label the diagram below using the keywords and descriptions provided:



Ash Cloud: This consists of fine particles of rock.

Vent: The central tube that magma travels through.

Magma: Molten rock beneath the Earth's surface.

Lava: Molten rock that erupts from the volcano.

Crater: The steep-sided mouth of a volcano.

Throat: The entrance of a volcano that releases lava.



Day Ten. Shapes & Sizes

Travelling round your house by hopping, skipping or side stepping you have 4 minutes to find as many different items that are different shapes and sizes.



Challenge Yourself! Do a different exercise each time you enter a different room.



How many different shaped sizes did you find?

Once you have all your items can you answer the following questions:

Which item is the heaviest?

Which item is the lightest?

How many items had more than 4 sides?

How many items have a right angle?

What is the perimeter of your largest item?

Choose an item with 4 sides and work out the area of it.



Day Eleven. Body Language

Using only your body create the following shapes/letters:

T Y O I L P C E D N



Challenge Yourself! What other letters can you create using your body?



Write the additional letters here:

Using the letters above, how many different words can you create?

What is the largest word you can create and its definition?

Defintion:

What is the smallest word you can create and its definition?

2 letters minimum

Defintion:



Day Twelve. Sink or Float

Move around your house to find different items.

How you travel and what you must find are outlined below:

Hop to find soap.

Sidestep to find an egg. Don't drop it!

Walk backwards to find a pen.

Skip and find a spoon.

Jump to find a piece of fruit.

Crawl to find a coin.



Challenge Yourself! Think of three other ways to travel and find three new items - do they sink or float?



It's time to see if your item will sink or float in water.

First of all, we need to predict what you think the outcome of the experiment will be. Write this next to the item below. Then carry out the experiment by dropping it into a bucket or sink of water and find out whether it sinks or floats.

Your item name:

Will it float? Yes or no?

Does it float? Yes or no?

Your item name:

Will it float? Yes or no?

Does it float? Yes or no?

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO



Day Thirteen. Stop the Clock Step Ups

Using a step within your house, or using the bottom of your stairs, how many step ups can you do in 15 seconds? Take 5 attempts and record a score for each.

Round 1

Round 2

Round 3

Round 4

Round 5



Challenge Yourself! Now do it for 30 seconds and see if you can double your score.



Using the numbers within your scores line them up in number order for example if you managed to do 14 step ups, split that up into 1 and 4. Try to answer the following questions: (You can only use each digit once)

What is the largest 3-digit number you can make using the numbers?

What is the largest 4-digit number you can make using the numbers?

What is the largest 5-digit number you can make using the numbers?

Take the 3-digit number from the 5-digit number to find the difference between them?



Day Fourteen. Throw and Catch

Roll up a pair of socks or use a small ball.

Write down how many attempts it takes you to complete the following levels:

LEVEL 1 - Throw in air, sit down and catch.

LEVEL 2 - Throw in air and catch behind your back.

LEVEL 3 - Throw in air, sit down, stand up and catch.



Challenge Yourself! Can you add a clap in each time you throw the pair of socks in the air?

Thinking of sports, we may have to 'throw and catch' a ball in, research and answer the following:

Which country invented the sport cricket?

Write three facts about that country.

Which country won the handball gold medal at Rio 2016?

Write three rules for handball at the Olympics.

In what country would you find the Chicago Bulls basketball team?

Write three facts about the sport of basketball.

The Wellbeing Wall

In addition to your daily physical activity challenges, we have put together a 'Wellbeing Wall' made up of 14 bricks. Each brick contains a suggested activity to help your personal wellbeing stay healthy and positive throughout your time at home.

Once you have attempted or completed each activity, colour in the brick. Try to use a different colour for each brick, once the wall is fully covered it will be a rainbow of wellbeing!

List on a piece of paper 10 things you are grateful for this year.

Write a poem about your family and favourite things.

Go for a 30-minute walk with members of your household around your local area.

Design a board game and play with your family.

Read a book and draw a picture of your favourite character

Research and learn the 7 wonders of the world and present your findings to a family member.

Choose a window in your house and draw what you can see.

Write down three feelings you have experienced during your time off school and discuss them with a family member.

Go on an adventure with you parent/carer and explore different elements of nature close to your home.

Write a letter to your best friend highlighting what you like about them.

As a family explore, discuss and draw your family tree.

Design a poster of the things you like the best about school and have missed the most during your time at home.

Write a short story about your dream job.

Cook or bake something with your family.

★ **Well done!** ★

You have completed the Wellbeing Wall and the Physical Activity at Home Diary.

Your Certificate

Ask your parent/carer to fill out your certificate and share this with your teacher on your return to school.



★ ★ ★
**PHYSICAL
ACTIVITY CHAMPION
A W A R D**

CONGRATULATIONS TO

.....

ON COMPLETING

THE PHYSICAL ACTIVITY AT HOME DIARY

SIGNED BY

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