

FAMILY ACTIVITY CALENDAR GUIDE

Encourage your family to do an activity each day for at least 20 minutes.



JU:MP!

Have a jump festival and try these out! How far can you jump? How high can you jump? How many different jumps can you invent? What's the craziest jump you can do?!



HIDE AND SEEK!

Close your eyes and count to 50 while one of you hides and then the other person seeks. Then swap around.



DISCO!

Have a disco and see how long you can keep dancing! You could take turns being the DJ.



OBSTACLE COURSE!

Create an obstacle course with objects like cushions, chairs and jumpers. Plan out the route and then see how fast you can complete the course. Can you beat your time?



BUCKET BASKETBALL!

Get a bucket or bowl and something to throw. Put the bucket or bowl on the floor and walk back 10 steps - try and throw the ball in! How far away from the bucket can you get?



HOUSE RACE!

Plan a race route around your home with a start and finish line. Fill two big bottles with water to carry as you run. The first to finish the race holding the bottles wins!



PILLOWCASE SACK RACE!

Put both legs into a pillowcase hold the sides and Jump! See if you can do a lap round the room.



TIGHT ROPE!

Find something to mark a tightrope on the floor (e.g. tape or string). Balance along the tightrope and be careful not fall off!



BALLOON VOLLEYBALL!

How long can you keep a balloon in the air using your hands, so it doesn't hit the ground? If you don't have a balloon, try a soft toy. Two people can play back and forth.



SCIENCE EXPERIMENT!

Put your hand on your chest for 10 seconds and see if you can feel your heart beating. Jump or move around for 5 minutes. Feel your heartbeat again. What has happened?



KEEPY UPPY FOOTBALL!

Roll up some socks or get a toilet roll and see how many times you can keep the 'ball' up in the air with your feet (or hands!).



THE FLOOR IS LAVA!

Use your imagination to pretend that the floor is red hot lava! How far can you travel around the room without landing in the lava?



TENNIS BALL IN TIGHTS!

Put a tennis ball in a pair of tights, tie loosely around one ankle and skip over the ball as it swings around your ankle as many times as you can.



SPRING CLEAN!

How many of your toys can you put away in 20 seconds? How many clothes can you get in the washing machine in 30 seconds?

FEEL FREE TO SWAP ONE ACTIVITY FOR ANOTHER!

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GET SKIPPING!

Find something to use as a skipping rope, like a dressing gown tie, and get skipping! How many skips can you do without stopping?

16

CRAB AND BEAR-WALK RACES!

Can the crab beat the bear? **Crab** Sit on the floor with your hands behind you and your knees bent - move along the floor. **Bear** Walk with both hands and feet touching the floor.

17

SCAVENGER HUNT!

Ask someone in your house to make a list of 10 items for your scavenger hunt. Find all the items on their list. Can you find everything on your list before anyone else in the house?

18

BUILD A DEN!

Use some chairs covered with blankets or sheets and cushions and make a little house or den!

19

HOT POTATO!

Roll up your socks and make it into a ball - ouch! It's a hot potato, pass it on to someone else in the house! See how long you can keep it off the ground.

20

SUMO WRESTLING!

Put on as many clothes as you can and wrestle with your brother or sister!

21

BOWLING!

Line up empty plastic bottles or toilet rolls and see how many you can knock down with a ball!

22

WRITE AND SHARE A STORY!

Write a 10 minute story about travelling on a journey across the land, and share it with others in your house. Act the story out with some silly dancing, poses, or jumping!

23

EGG AND SPOON RACE!

Mark out a start and finish line. Get a spoon and balance a small ball or rolled up socks on it. Can you get from the start to the finish without dropping your 'egg'?

24

FOLLOW THE LEADER!

One of you does an action, then the next one copies it and adds on another action. Keep adding actions and creating a chain until one of you forgets then start again!

25

HOP ALONG!

See how many hops you can do without putting your foot down! First on your left leg, then on your right. Going forwards, backwards, turning different ways. What's your highest number?

26

MUSICAL STATUES!

Put on your favourite song and dance! Someone will stop the music and you have to freeze. Stay very still and don't start dancing again until the music plays!

27

JUGGLING!

Get two small balls or objects and throw one up in the air while passing the other from your left to right hand - see how many times you can juggle!

28

ALPHABET ANIMALS!

Take turns to act out an animal from A to Z (and make the noises!) So A for Alligator, B for Baboon, C for Cat ...

29

TIMES TABLE CATCH!

Throw a ball or soft object to someone and say a number. The other person does the same and on the next throw the person catching it multiplies (or adds) the two numbers together.

30

PUT ON A DANCE SHOW!

Create your own dance piece to your favourite music. Practice it until you can remember the steps and then put on a show for your family!



LET'S MOVE AND PLAY EVERY DAY, TO HELP US BE HAPPY, HEALTHY AND HAVE LOTS OF FUN!



FAMILY ACTIVITY CALENDAR

Use this fun, easy calendar to move and play with your family! You can do this together, or children can do it on their own – it's completely up to you!

Remember to **colour in your star** when you finish an activity!

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PILLOWCASE SACK RACE

TIGHT ROPE

BALLOON VOLLEYBALL

SCIENCE EXPERIMENT

KEEP UP UPY FOOTBALL

HOUSE RACE

BUCKET BASKETBALL

OBSTACLE COURSE

DISCO

HIDE AND SEEK

JU:MP

Why not post a picture online with your calendar when you've done an activity so your friends and family can see and join in?



If you post your photo on Twitter or Facebook, be sure to

@JOINUSMOVEPLAY

#JUMPAtHome

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YOU DID IT!

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TIMES TABLE CATCH!

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Go to joinusmoveplay.org where we are sharing fun, simple ideas on how you can move and play with your children. The activities will be like the ones you have on this calendar with lots more to choose from for different ages!

MAKE SPACE. STAY SAFE.

CHILDREN:

- Ask an adult to help you make a safe space to move and play
- Make sure you avoid things that could hurt you or get broken
- Feel free to swap or change activities if you can't do them
- Just move, play and have fun and colour in your stars!

FAMILY:

- Help children to move and play at home by clearing some space
 - Keep them safe and clear away sharp or breakable objects
- As a family try to do an activity each day for at least 20 minutes
- Joining in with children is a great way to have fun together!

JOIN US: MOVE.PLAY.



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Use this fun, easy calendar to move and play every day. Do it as a family or just the children - it's up to you! Do an activity each day and **colour in your star** when you finish.



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