



# *Healthy Movers* at Home



 #HealthyMovers

## Streaming Link

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## Activity

Balancing: My  
Little Friend

ACTIVITY CARD



## Description

We are going to be finding lots of different ways to balance a small cuddly toy/beanbag on our bodies.

## Equipment

Cuddly Toy or Bean Bag

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## Activity

Rock and Roll  
Ribbons

ACTIVITY CARD



## Description

We will be seeing what different shapes we can make with our ribbons.

## Equipment

Hair elastic with ribbon attached

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## Activity

Jumping Jacks

ACTIVITY CARD



## Description

We will be bopping up and down and jumping across a river.

## Equipment

Kitchen roll/floor marker and skipping rope/line marker

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## Activity

Balloon up up  
and away

ACTIVITY CARD



## Description

We will be practicing lots of different ways to try and keep our balloons in the air.

## Equipment

Balloons, string/rope and a kitchen roll tube

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## Activity

Ball Barrier

ACTIVITY CARD



## Description

You will need someone to join you for this activity as we will be working together to roll our ball back and forth.

## Equipment

Small ball, paper plates and coloured plastic cups

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## Activity

Crab Capers

ACTIVITY CARD



## Description

We will be seeing how well we can walk around like a crab and avoid bumping into obstacles.

## Equipment

Small obstacles such as cereal boxes, rolled up socks in a zig zag, and a ball.

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## Activity

Bubble trouble

ACTIVITY CARD



## Description

Let's see how many ways we can pop our bubbles?

## Equipment

Piece of newspaper, bubbles and Paper or card for fan

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## Activity

Rollover

ACTIVITY CARD



## Description

Make sure you have enough room as we will be practicing rolling over.

## Equipment

Favourite book and a towel

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## Activity

Walk the plank



## Description

We will be seeing how good our balance is and if we can all safely walk the plank without falling off!

## Equipment

Masking tape or two ropes, without handles, large ball, and a balloon

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## Activity

Target Games



## Description

Let's see how good your aim is as we try to hit all of our targets in this activity.

## Equipment

Small sponge balls for inside or scrunched up paper balls and a variety of targets in a zig zag, and a ball.

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## Activity

Musical Statues



## Description

How quickly can you stop when the music stops?

## Equipment

No equipment needed

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## Activity

Obstacle course



## Description

Make sure you set up an obstacle course and we will be seeing how many ways we can move around.

## Equipment

Suitable obstacles, paper, and pens

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## Activity

Healthy Movers  
at the beach

## Description

We will be doing lots of  
beach activities including  
Surfing, jumping in waves  
and lifeguarding!

## Equipment

Towel, teddy

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## Activity

Healthy Movers  
in Space

## Description

We will be in space completing  
space challenges

## Equipment

Lots of pairs of rolled up  
socks, 4 pieces of paper or  
kitchen roll for planets

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## Activity

Healthy Movers  
in the jungle

## Description

We will be playing hide  
and seek in the Jungle

## Equipment

Collection of objects  
such as tea towel, small  
ball, bean bag, book

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## Activity

Healthy Movers  
treasure chest  
challenge

## Description

Treasure Chest Challenge  
OOOOO ARRRRR

## Equipment

Pillowcase/towel, small  
teddies/balls for treasure,  
shoebox or delivery  
box for treasure chest,  
pirate patch optional!

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## **Activity**

Healthy Movers  
at work

## **Description**

We will be helping on  
a building site

## **Equipment**

Collection of 10 objects  
(maybe rolled up socks,  
scrunched up paper, ball, bean  
bag, small teddies, 2 spoons)

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## **Activity**

Healthy Movers  
super-heroes

## **Description**

Healthy Mover super-heroes  
will be saving the day!

## **Equipment**

Fancy dress as any  
super-hero (optional!)  
collection of small teddies

