



Health and Wellbeing Activities



We have created a list of online and offline activities for you to complete at home.
Try to stay active for at least 30 minutes per day.

Online activities -

Go Noodle (easily found on Youtube) [Go Noodle](#)

Cosmic Yoga - [Cosmic Kids](#)

Youtube fitness links - [Would You Rather Fitness?](#)
[Harry Potter HIIT](#)

Free fitness apps - Habitz

Offline -

Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Complete this 3 times.	Do 60 jumping jacks. Complete this twice.	Play an active game.	Play follow the leader. Take turns being the leader and direct family members to match every move. Ideas - hop, skip, crawl.
Toss a stuffed toy to yourself 20 times.	Play Hot Potato with your family. When the song stops, do 5 star jumps.	Make an obstacle course throughout your house. Challenge your family members to complete this the fastest.	Clean your room or a room of your parent/guardians choice.
Make a healthy snack for your family.	Name the different food groups. Can you find 2 items in your kitchen that fit in these food groups?	Play a board game with a family member.	Challenge a parent, sibling, or family member to see who has the best dance moves. Complete this for 30 minutes.
Teach a family member your favourite game from PE. Try play this at home.	Ask a family member to teach you their favourite game. Try play this at home.	Create and complete your own fitness circuits. This can include sit-ups, jumping jacks, push ups, plank holds, wall sit and frog jumps.	Using materials in your house, build a den for you and 1 other person to fit comfortably. Remember, safety first!