

Time to Play



Children aged 5 – 8 years old should do **60** minutes of physically activity every day, ideally in bouts of **10 minutes** or more.

Help get your children active with these simple activities.

These activities are ideal for at home or in a small space. No equipment is needed, just a little imagination.

Benefits include:

- Sleep better
- Increased concentration
- Healthy muscles, bones and joints
- Healthy heart and lungs
- Healthy body weight

For more ideas/information visit www.derbyshiresport.co.uk/timetoplay

Kingdom Dance

Follow the moves, dance, dance, dance!

- Each of you invents a dance move
- Stand in a circle, and take it in turns to show off your moves
- Each time you go round to the next person, add one more move to your routine
- Each time a new move is added, start the routine from the beginning remembering all of the moves
- Can you dance your way through a whole song?

Bounce

Who's got the biggest bounce?

- Mark out a track (circular or straight line)
- Stand at the starting line, bouncing on the spot
- On the word 'Bounce' bounce along the track, keeping your feet together
- When the first bouncer gets back, the next person goes
- If there are lots of you, why not get into teams and have a Bounce-off

Climb the Rigging

Yo Ho! Let's go!!

- One of you is the Head Pirate, who calls out the following instructions for the other pirates to obey
- Climb the rigging! Scrub the decks, Walk the Plank, Load the Cannon, Salute!
- Those that don't follow the instructions have to do 20 star jumps on deck!
- Take it in turns to be the lead Pirate.

... Says

It's time to take charge!

- Choose one person to be on
- That person gives out comments saying 'name' says Jump up and Down, Dance, run on the spot or do star jumps
- Everyone must do the actions if 'name' says, but if the name isn't said, and you do the action, you have to jog on the spot for 10 seconds
- Remember to take it in turns to be on

What's the time?

Can you avoid being caught by Miss/Mr Stretchy

- Choose one person to be Miss/Mr Stretchy, who stands facing a wall/line
- Everyone else lines up against another wall and shouts 'What's the time Miss/Mr Stretchy?'
- If s/he shouts back 2 O'clock everyone takes 2 steps forward, or 5 O'clock 5 steps forward and so on
- When Miss/Mr Stretchy shouts 'Stretchy Time', they turn and chase you. The first person caught becomes Miss/Mr Stretchy

Cowboy Races

Zoom around and race like the wind!

- Mark out a circuit outdoors
- In pairs, one of you pretends to be the horse, the other the rider
- The horse lies on the floor face down, and the rider picks up the horses legs
- On the Word 'Yee-Ha' race around the circuit
- Take it in turns to be the rider and the horse

