

# 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](http://www.derbyshiresport.co.uk/timetoplay)

## Tag

Can you run faster than your friends?

- Decide who will be on
- Everyone else spreads out
- On the word 'Tag' the person that's on runs round trying to catch everyone else
- If you're caught, stand still and wait until someone runs under your out-stretched arms to release you
- Take it in turns to be on

## Shark Attack

Will the Shark be eating fish for tea tonight?

- Whoever's chosen to be on, lies down on their stomach in the middle
- Everyone else pretends to be fish and lies down close to the shark
- On the words 'Feeding time', the shark tries to catch the fish
- If you're caught you become a Shark too
- The last fish still swimming is the winner

## Shadow Tag

Chase your opponent's shadows!

- Choose who is going to be on
- Everyone else puts their arms out and flies around
- You get tagged by the person that is on jumping on your shadow – you are then also on
- The winner is the last person flying around

## Mega Moves

Show us your Mega Moves!

- Stand opposite a friend
- One of you pulls an awesome dance move, your friend tries to copy it, just like you're looking in a mirror
- Take it in turns

## Chatter Relay

Can you pass the secret message on?

- Make a large circle with your friends
- The first person makes up a secret message, and runs to the next person and whispers it in their ear
- They run, to the next person, pass on the message, and so on
- Have you successfully passed the secret message all the way back to the start?

## Scary Feet

Scary feet, Scary feet, can you keep up with the scary feet!

- Start by tip-toeing on the spot - sssshhh
- Add in some star jumps, hops, or running on the spot
- Now roar and growl, and jump as high as you can
- Can your friends keep up with you and follow your moves?

