

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. All you need is a newspaper, balloon, stick, cushions, and 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

Stepping Stones

Can you make it across the river without getting wet!

- Create a stepping stones course out of cushions
- On the words 'Cross the river', set off round the course, but don't touch the floor, or you'll end up with wet feet.

Bounce like a Kangaroo

Who's got the biggest spring in their step?

- Mark a line using a stick
- Take it in turns to run up to the line, and jump as far as you can
- Why not try doing a hop, skip before you jump, or jump from a standing start.

Summer Dance

Create a brilliant Summer dance routine

- Put on your favourite music or sing a song
- Spin in a circle, hop on one foot, cross your feet over, wave your arms and create your Summer Dance
- Grab a partner and dance together

Balloon Volleyball

Can you keep the balloon up in the air?

- Throw down some cushions to make a net
- Sit on the floor with your legs crossed
- Hit the balloon over the cushions
- If it touches the floor on the other side you gain a point

Newspaper Tennis

- Both players need to make a tennis racquet by rolling up a newspaper
- Use your racquet to bat a balloon back and forth to each other
- Count how many times you can do this, then try and beat your record
- See if you can keep going for 10 minutes

Balloon Races

- Mark out a track (circular or straight)
- Go from the start line to the finish line, keeping the balloon off the ground
- Try heading it, kicking it, batting it with your hands
- Why not turn it into a race if your friends are with you?

