

Family Activity Ideas

This helpful information booklet is filled with fun exercises activities for the whole family!

These simple activities aim to promote out of school exercise, require little to no equipment and can involve the entire family. Stop at the park on the way home from school or have a Sunday afternoon session at home; even an extra 30 minutes of out of school exercise per week is beneficial.

Did you know?

- People who exercise with a somebody else are more likely to stick to their fitness schedules.
- Listening to music can actually help you move faster and improve the quality of your work out.
- Daily exercise can have great effects on your mental health and overall emotional well-being.

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Outdoor activities can be created using many household items to replace cones, such as water bottles, shoes and items of clothing.

Adults should make judgements on whether the space is suitable for the activity to ensure safe practice.

Here are a few activities that you can try in the park:



Athletics

Standard Running Race:

- With a cone, water bottle, shoe or item of clothing, mark a “starting line” and a “finish line”.
- Stand at the finish line to judge the winner of the race
- Count down from 3 to start the race and watch who crosses the finish line first.

Note:

- If there is no one to race with, use a timer or count the time it takes for the participant to cross the line and encourage them to beat their time on the next go.
- Participants could also be encouraged to run to the line, pick up an item such as a water bottle and run back to the start line
- "cones" could also be placed in a large square and participants could run around the square to challenge agility and change of direction.



Football

- With cones, water bottles, shoes, or items of clothing, create a straight line with approx. a meter of space in between.
- Participants can practice dribbling with a ball by weaving in and out of the “cones”
- A goal can also be set up at the end of the dribbling course for target practice with two extra “cones”

Note:

- To make this harder, a timer could be used to encourage participants to complete the dribbling course in a faster time
- To turn this into a race, two lines can be created with “cones” and participants can race to score a goal
- Someone could stand in the goal to make shooting harder.



Rugby

Throwing, Catching and Touching the Base

- Set up three “cones” approximately 5 metres apart.
- The participant will stand next to the middle cone while the adult or other participant will stand at one of the end cones.
- The adult will throw a ball to the participant
- The participant will then run with the ball to the other “cone”, touch the “cone” with the ball and run back to their cone
- The participant will then throw the ball back to the adult
- This can be repeated many times to practice throwing, catching and touching the base

Note:

- This can be made easier or harder by moving the distance between the “cones”
- If both participants wish to run, an extra cone can be added so that as each participant catches the ball, they can run to the cone behind them.



Dance

Dance Like Emotions

- Adults play music from their tv, phone, cd player, radio or on any device that provides music
- Adults then say an emotion such as happy, angry, sad, excited, scare, silly, scary and shy
- Participants should try and dance like the emotion that their adult has given to them

Note:

- This activity can be done on-the-spot or in a space
- Participants can be encouraged to isolate a part of the body to move, such as hands or shoulders



Gymnastics

Balance Practice

- Participants can be tasked to come up with balances that are created with varying points of contact.
- Points of contact can be: 2 hands & 2 feet, 2 hands & 1 foot, 1 hand & 2 feet, 1 hand & 1 foot
- They can be encouraged to create symmetrical balances and asymmetrical balances

Note:

- Participants can also be encouraged to balance with a partner, they can work together to create the balances above
- Participants can also include a point of connection with their partner
- Participants can also be challenged to move from one balance into another in a smooth transition, creating a sequence of movements.