



Hey! It's Anton, your KiwiSport Activator.

Just because we're stuck at home doesn't mean we can't stay active!  
Here are some activities parents and students can do together while indoors.

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# Start the day with some fitness!

A great way to start the day!

See if you can hold a few poses for at least 20 seconds. Make sure to breathe calmly.

## CALM DOWN YOGA for kids



## OCEAN YOGA



## SUPERHERO YOGA



Here are some YouTube Links to start the day off right!

### Jumping Jax Cardio Kids



<https://www.youtube.com/watch?v=dhCM0C6GnrY>

Jumping Jax explores a range of cardio exercises with descriptive instructions.

### Born To Move



<https://www.youtube.com/playlist?list=PLWdOE2WgqFYYoVdHUA4NK1sJ57sd6736R>

Designed to nurture a life-long love of physical activity, it helps children experience the joy and vitality of moving to music with on-screen instructors.

# Animal Walks

Directions:

Challenge each other to race from one side of the room to the other by moving like these animals below:

## Animal Walks

### Frog Jump



#### Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

### Bear Walk



#### Key Points

- Extend legs straight
- Head down

### Crab Walk



#### Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

### Caterpillar Crawl



#### Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

### Kangaroo Jump



#### Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

# Spelling Race

Directions:

For each letter, do the matching exercise. Start by spelling your names. Then, think of a sentence and write it down. Whoever can do the matching exercises to spell the entire sentence first wins!

Variations:

Take turns giving each other words to exercise to. The longer the word, the more exercise!

- A: Spin around in a circle 5 times
- B: Hop on one foot 5 times
- C: Jump up and down 5 times
- D: Run to the nearest door and back
- E: Do 2 push ups
- F: Say your full name out loud
- G: Do 10 claps
- H: Balance on one foot for 5 seconds
- I: Jump up and down 10 times
- J: Hop on one foot to the nearest door
- K: Hands on head for 5 seconds
- L: Pretend to be a robot for 10 seconds
- M: Touch your toes
- N: Walk backwards 5 steps
- O: Dance for 5 seconds
- P: Pick something up without using your hands
- Q: Crab walk for 5 steps
- R: Touch your knees for 5 seconds
- S: Shout the word "BANANAS" out loud
- T: lie on your back and pretend to ride a bike for 10 seconds
- U: Flap your arms like a bird for 10 seconds
- V: Do 6 star jumps
- W: Crawl for 5 seconds
- X: Do 5 push-ups
- Y: Gallop around for 5 seconds
- Z: Do 4 star jumps

# Roll for Fitness

Directions:

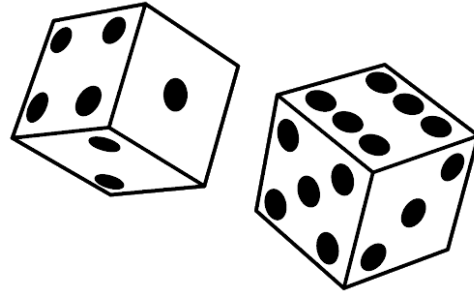
Roll two dice and add the numbers together. The sum of the dice determines the exercise you need to do.

Variations:

If you don't have dice at home, you can use a number generator by [clicking here](#).

If you have a board game (e.g.: snakes and ladders) you can add this rule into the game.

Roll a 2: 10 push-ups  
Roll a 3: 5 sit-ups  
Roll a 4: 5 squats  
Roll a 5: 10 sec plank  
Roll a 6: 5 crunches  
Roll a 7: 3 star jumps  
Roll an 8: 10 lunges  
Roll a 9: 5 sec side plank  
Roll a 10: 20 sec plank  
Roll an 11: 10 sec wall sit  
Roll a 12: 30 sec high knees



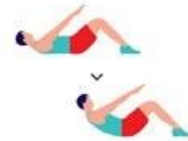
1. Jumping jacks



2. Wall sit



3. Push-up



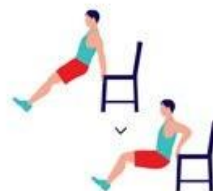
4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

# Home Scavenger Hunt

Directions:

Collect the items on the list as fast as you can! Race to see who finishes first.

Variations:

Set a time limit of 2 minutes to see who can collect the most items.

Feel free to change the list however you want. Make sure they're safe to carry around.

- Something you can fold
- A spoon
- Something you can read
- Your favourite toy
- Something green
- Socks
- Something that uses batteries
- Food that tastes good
- Something older than you
- Something that starts with the letter "P"
- A blanket
- Something shiny

Don't forget to put everything back!

## Literacy Walk



# Our Literacy Walk



Check off the items as they are found.



	Find something that rhymes with <b>bee</b> .
	Find an object that begins with the <b>/c/</b> sound. ( <i>candy</i> )
	Find something that has <b>two</b> syllables. ( <i>sidewalk</i> )
	Find a letter <b>S</b> . ( <i>stop sign</i> )
	Find an object that ends with the <b>/t/</b> sound. ( <i>hat</i> )
	Find something that rhymes with <b>jar</b> .
	Find something that has <b>three</b> syllables. ( <i>basketball</i> )
	Find a letter <b>O</b> . ( <i>on a license plate</i> )
	Name an object you see. Now name three more words that begin with the same beginning sound as the object. ( <i>dog, dip, dock, dragon</i> )
	Find something that rhymes with <b>mouse</b> .
	Find something that has <b>one</b> syllable. ( <i>bug</i> )