



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.

Contents

Start the day with some fitness!.....	2
Animal Walks.....	3
Spelling Race	4
Roll for Fitness	5
Home Scavenger Hunt.....	6
Literacy Walk.....	7

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=PLWdOE2WgqFYyVdHUA4NK1sJ57sd6736R>

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

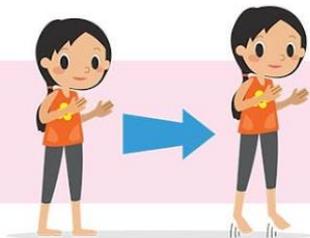
Caterpillar Crawl



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:

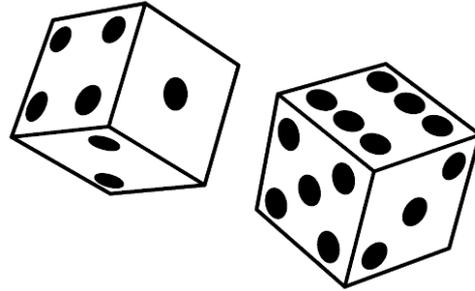
Roll two dice and add the numbers together. The sum of the dice determines the exercise you need to do.

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



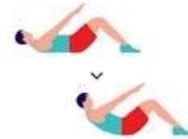
1. Jumping jacks



2. Wall sit



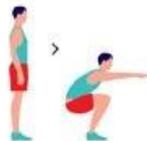
3. Push-up



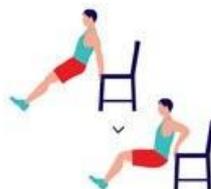
4. Abdominal crunch



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 bee .
	Find an object that begins with the /c/ sound. (<i>candy</i>)
	Find something that has two syllables. (<i>sidewalk</i>)
	Find a letter S . (<i>stop sign</i>)
	Find an object that ends with the /t/ sound. (<i>hat</i>)
	Find something that rhymes with jar .
	Find something that has three syllables. (<i>basketball</i>)
	Find a letter O . (<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 mouse .
	Find something that has one syllable. (<i>bug</i>)