



#IAmActive



PRIORITY SPORTS

ACTIVE AT HOME PACKAGE





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WHAT IS THE ACTIVE AT HOME PACKAGE?


- 👉 Games and exercises that are designed for your children to stay active and healthy whilst at home, both indoors and outdoors.
- 👍 All games include technical FUNdamentals:
Core Strength, Co-ordination, Agility, Balance... and FUN!



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STAY IN TOUCH...

 Upload your videos using the hashtag #IAmActive to stay connected with our challenges. Why not set your own challenges for our coaches to try?

 To send us any videos or ideas, email: chris@prioritysports.co.uk

Subscribe to our YouTube channel for more videos:



www.youtube.com/channel/PrioritySports



Follow our friends, Priority Football on Facebook: [Priority Football](#)

Or subscribe to their YouTube channel: www.youtube.com/channel/PriorityFootball

 Or visit us for more information: www.prioritysports.co.uk



MINUTE CHALLENGE



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- We would like to challenge everyone to see how many minutes of activity they can do in a week!
- There will be prizes for the KS1 and KS2 child who does the most amount activity in a week!
- Simply log the amount of activity you do every day for a week in the log sheet attached and email it to chris@prioritysports.co.uk for chance to win a prize!
- We would love to see your children taking part so please feel free to email pictures or videos of them taking part in activities.

GOOD LUCK!



OBSTACLE COURSE

AGILITY | BALANCE | CO-ORDINATION



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- Make sure the area that you are using is safe and clear.
- If you are allowed, use furniture for different challenges on your course.
- Also, look to use cushions and pillows as stepping stones!
- Try to make your obstacle course challenging, and remember to include some of the following movements:

 Jumping | Hopping | Skipping | Crawling | Rolling | Balancing




WHEELBARROW, CRAB & ANIMAL RACES

CORE STRENGTH | BALANCE | CO-ORDINATION



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- Make sure the area you are using is safe and clear.
- Holding these positions can be tough, but it will improve your Core Balance & Strength!
- Practice holding the positions before racing. Once you have had enough practice, choose a position and race each other to the finish line.
- Try to be creative and come up with as many different animals as you can.
For example:
 Hop like a Rabbit or a Frog, crawl like a Bear, crouch and side step like a crab!

Watch Races: <https://www.youtube.com/Races>



FOLLOW THE LEADER

CO-ORDINATION | AGILITY | BALANCE



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- Make sure that everyone has enough space to perform high energy exercises.
- Remember to take it turns, and try to come up with a different exercises each time.
- If you like, exercise to some music and try to time it to the beat!



SCAVENGER HUNT

CO-ORDINATION



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- Make sure that you have some pen and paper to hand to write some clues.
- Pick several items that you can hide, and take it turns to create the hardest scavenger hunt by hiding one item at a time!
- Try and hide your items in places that require people to jump, crawl and squeeze into.
- Remember to spread the clues around the house and outside, so everyone has to search far and wide.



BUBBLE WRAP ATTACK!

AGILITY | CORE STRENGTH | BALANCE



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- Make sure that your feet are safe by wearing socks and shoes.
- Find a sheet of bubble wrap, and jump over it until it is all popped!
- If you have more than one sheet, take one each and race each other to see who pop them all first.
- If you have several sheets, time how long it takes for you to pop them. Try this again and beat your previous time!

Watch Bubble Wrap Attack: www.youtube.com/watchBubbleWrap



HALLWAY BOWLING

CO-ORDINATION | BALANCE



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- You will need plenty of space and make sure there are no other obstacles that you can knock over.
- Fill up water bottles (only half) and make sure the lid is screwed on really tight.
- Find a softer item to bowl to the water bottles. Items can include: Rolled up socks, elastic band ball, foam balls.
- Whoever knocks down the most bottles in one go wins!

Watch Hallway Bowling: www.youtube.com/watchBowling



SOCK TENNIS

AGILITY | BALANCE



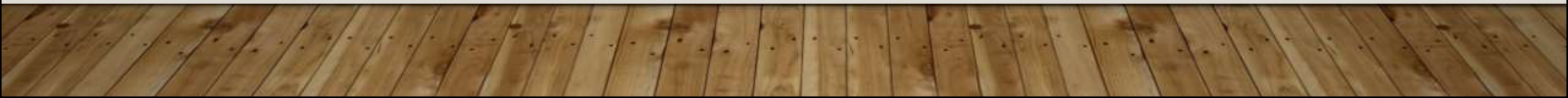
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- You will need to have a pair of rolled up socks to use instead of a tennis ball, and an obstacle between you and your partner to hit the socks over. Use your hand instead of a racket to hit the socks.
- Make sure the area that you are using will be clear.
- Use under arm serves to hit the socks towards your partner. Try to return the socks into their area.
- If your partner doesn't return the ball, you win a point. The first to 10 points wins!
- If you want more of a challenge, play on hardwood floor and try not to slip!

(Hardwood floor, that looks like this!)



Watch Sock Tennis: www.youtube.com/watchSockTennis





PUSH-OVER PARENTS

CORE STRENGTH | BALANCE



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- You need to borrow a big, strong parent or adult for this one!
- Make sure that the area you are going to use is clear, so you can't fall into anything.
- The adult or parent needs to plant their feet together and be strong, whilst you try to push them over.
- If it is too hard, ask the parent or adult to stand on one leg.
- If you are feeling brave, get them to try and push you over!

Watch Push-Over Parents: www.youtube.com/watchPushOver