

# FUN ACTIVITIES FOR KIDS & FAMILIES INVOLVING EXERCISE AT HOME

If the challenge for your brood is to get them moving and away from screens, here are some suggested physical activities for children:

## Choreography challenge

Choose a song and work together to create a funky dance and see if you can remember it all!



## The floor is lava (Suitable for all ages)

Put cushions and tea towels on the floor to help you make your way around the room without touching the floor!



## Create a workout and do it together

For example: 25 star jumps, 20 squats, 15 crunches, hop like a bunny around the lounge room and frog leap your partner!



## Target game

Create a target game with tape and bits from the house!



## Gardening

Pull weeds, trim bushes, collect flowers for a vase!



## Fun circuit training

Draw pictures of different activities and place them around the room – or all over the house. The children will then need to visit each picture and do the activity – e.g. hop on one leg 10 times, 10 star jumps, 10 squats, 2 roly-polies etc. See how many circuits they can manage!



## Musical bumps or statues

The perfect opportunity to revive these favourite party games!



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