



Healthy Movers

at Home

Tuesdays and Thursdays

10.30am

 #HealthyMovers



Date

26 January

Streaming Link

youtu.be/gfh8tjJgwQ0

Activity

Balancing: My
Little Friend

Description

We are going to be finding
lots of different ways to
balance a small cuddly toy/
beanbag on our bodies.

Equipment

Cuddly Toy or Bean Bag

Date

28 January

Streaming Link**Activity**

Rock and Roll
Ribbons

Description

We will be seeing what
different shapes we can
make with our ribbons.

Equipment

Hair elastic with
ribbon attached

Date

2 February

Streaming Link

youtu.be/5eLVrpRLmEA

Activity

Jumping Jacks

Description

In today's activity we will be
bopping up and down and
jumping across a river.

Equipment

Kitchen roll/floor marker and
skipping rope/line marker

Date

4 February

Streaming Link

youtu.be/Em7vbjVU4UQ

Activity

Balloon up up
and away

Description

We will be practicing lots
of different ways to try and
keep our balloons in the air.

Equipment

Balloons, string/rope and
a kitchen roll tube



Date

9 February

Activity

Ball Barrier

Description

You will need someone to join you for today's activity as we will be working together to roll our ball back and forth.

Equipment

Small ball, paper plates and coloured plastic cups

Streaming Link

youtu.be/pNupR_Qj3Dc

Date

11 February

Activity

Crab Capers

Description

Today we will be seeing how well we can walk around like a crab and avoid bumping into obstacles.

Equipment

Small obstacles such as cereal boxes, rolled up socks in a zig zag, and a ball.

Streaming Link

youtu.be/Jte1ainWZ_I

Date

23 February

Activity

Bubble trouble

Description

Let's see how many ways we can pop our bubbles?

Equipment

Piece of newspaper, bubbles and Paper or card for fan

Streaming Link

youtu.be/yCwx5bshPD8

Date

25 February

Activity

Rollover

Description

Make sure you have enough room as we will be practicing rolling over.

Equipment

Favourite book and a towel

Streaming Link

youtu.be/GGnLWCqL658



Healthy Movers at Home

#HealthyMovers



Date

2 March

Streaming Link

youtu.be/1xk6T_LKAWs

Activity

Walk the plank

Description

Today we will be seeing how good our balance is and if we can all safely walk the plank without falling off!

Equipment

Masking tape or two ropes, without handles, large ball, and a balloon

Date

4 March

Streaming Link

youtu.be/03fT1XF0nSs

Activity

Target Games

Description

Let's see how good your aim is as we try to hit all of our targets in today's activity.

Equipment

Small sponge balls for inside or crunched up paper balls and a variety of targets in a zig zag, and a ball.

Date

9 March

Streaming Link

youtu.be/NcXjwC5TR7A

Activity

Musical Statues

Description

How quickly can you stop when the music stops?

Equipment

No equipment needed

Date

11 March

Streaming Link

youtu.be/309858sNCKM

Activity

Obstacle course

Description

Make sure you set up an obstacle course for today and we will be seeing how many ways we can move around.

Equipment

Suitable obstacles, paper, and pens

