



# Physical Activities for the whole Family

Some suggestions while we are in isolation....

## 1. Get creative in your own backyard

### Make it easy and enticing

- Encourage kids outside, put some sporting equipment where they will see and use it,

### Get on board some wheels

- Get the kids out and about riding their bikes or scooters or using their skateboards/ rollerblades in the driveway or up and down the road.

### Turn your backyard into a sporting venue

- Set up a game of backyard cricket, play basketball, frisbee, throw and catch, jump on the trampoline, play piggy in the middle, kick a ball, chase bubbles, pull out the balls, bats, hula hoops, yoga or Pilates

### Mix it up and think outside the square

- Use balloons for balloon volleyball, tennis or soccer.
- Or build some obstacle courses the kids can do indoors or outdoors with household items to get them to crawl over and under things.
- Or have races in the backyard – relay races such as jumping, hopping, frog jumps, running backwards, walking sideways, or use a pillowslip and do sack races.

## 2. Get Out and About (exercising)

### Go for a walk together, make it interesting:

1. Make a scavenger hunt.
2. Take Pictures.
3. Nature Rubbings.
4. Go on a bug hunt or hunt for other creatures.
5. Make leaf impressions.
6. Collect and Dissect.
7. Gather “treasures” for an art project.
8. Turn your walk into an obstacle course.

### Go for a bike ride together, make it interesting:

1. Play follow the leader.
2. Explore your local area.
3. Go off track a little, explore the park or playing areas.
4. Set a distance goal and record it on Strava or your GPS.
5. Set up a treasure hunt – decide on some places or landmarks that you all need to find.

**Try and make physical activity fun and something that the whole family can engage in as a team!**

