

# Fitness at home



**HOLIDAY  
CLUB**



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In these uncertain times, as a parent you have the added stress of keeping your children busy, entertained and connected with friends and family, all while maintaining social distancing and staying home to slow the spread of COVID-19. We have done some homework and created a suite of sporting activities that can be done all from home.

Staying active is a very important thing right now and for young children, they may be missing playing with their friends and dreaming about when they'll be back playing team sports.

In this booklet, we bring the sport to you. From improving coordination and balance to being able to relax and burn off some energy, these physical activities will get the whole family entertained each day.

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# Workout Classes Online

Mix and match easy exercises to help kids enjoy active play that builds strength and fitness.

## Cardio Workout - Get your heart rate up in your living room with this fun workout classes

Have a Blast With This Family Fun Cardio Workout!

9 minutes : <https://www.youtube.com/watch?v=lc1Ag9m7XQo>

11 minutes : [https://www.youtube.com/watch?v=\\_97QFX3w1E4](https://www.youtube.com/watch?v=_97QFX3w1E4)

13 minutes : <https://www.youtube.com/watch?v=5if4cjO5nxo>

25 minutes : <https://www.youtube.com/watch?v=dhCM0C6GnrY>

31 minutes : <https://www.youtube.com/watch?v=lc1Ag9m7XQo>



## Yoga Practice - Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence

- Yoga for Kids! - 25 minutes : <https://www.youtube.com/watch?v=X655B4ISakg>

- Cosmic Kids Yoga Movie Marathon! - 1 hour 54 minutes : <https://www.youtube.com/watch?v=AExV2szpGc>

- Yoga For Kids | Play In The Park | Yoga With Adriene - 32 minutes : <https://www.youtube.com/watch?v=vMMRb10LtGM>

- Yoga For Beginners | 20 Minute Kids Yoga Class with Yoga Ed. | Ages 3-5- 20 minutes: <https://www.youtube.com/watch?v=CBko9JPMtHs>

- Sun Salutations & Yoga with Animals - Yoga for Kids - 7 minutes : <https://www.youtube.com/watch?v=8oGR5xucltI>



## Zumba Dance - It's the perfect recipe for fitness fun : jump, dance, shake, and swing your hips.

- Zumba Kids (easy dance) - I like to move it:

<https://www.youtube.com/watch?v=ymigWt5TOV8>

- Zumba Kids Electronic Song - Minions:

<https://www.youtube.com/watch?v=FP0wgVhUC9w>

- Taylor Swift - "Shake it off" Zumba Kids jr. Choreography :

<https://www.youtube.com/watch?v=q0U1A7ovy3I>

# Obstacle Course

Children will love the challenge of having to complete each task, and you'll love the energy it can burn off and time it will keep them occupied. The best part? You can build this one with things you already have around the house.

## Step 1:

Gather any or all of these supplies: **empty paper towel rolls** or toilet paper rolls, **a bouncy ball**, **flashcards**, **a kitchen spoon** or ladle, **kitchen tongs**, **a bucket** or other large cup, **pillows** or couch cushions, **a sheet** or blanket, **alphabet magnets**, **coins**, **dice**, **marbles**, junky toys you get in a party goodie bag, a spinner from a board game, a toy that rolls (like a car, bus, or doll stroller), a bandanna or scarf, tape or yarn, and a book.

## Step 2:

**Map out some space** inside or in your back garden for your course—it doesn't have to be a lot! Place a piece of tape, or a piece of yarn, at the "starting line."

## Step 3:

**Pick a silly move** your kid can do at the starting line to begin the obstacle course. A few ideas: strike a pose, do a dance, do three jumping jacks, spin around three times, pretend to be a certain animal

## Step 4:

**Decide on some fun ways that your kid can get from obstacle to obstacle.** A few ideas: crab walk, bear walk, slither like a snake, walk backwards, walk sideways, dance, walk with eyes closed, walk with a book on her head, and so on.



## Step 5:

Set up some **bigger physical obstacles**. A few ideas:

- Drape a sheet between two chairs, where your child has to crawl under or limbo under.
- Pile some pillows that your kid has to "mountain climb" over.

# Obstacle Course

## Step 6:

Mix the larger physical obstacles with smaller ones for fine motor skills. A few ideas:

- Pile some marbles or junky party favour toys on the floor next to some tongs or a ladle. Now, at this station, your child must transport each toy or marble, using the ladle or tongs, to a bucket or bowl at the next station. Make it more complicated by having her wear a blindfold.
- Or, set up a jar of alphabet flashcards or magnets and have her reach in, pick one, and say a word that begins with that letter before she can move on.

## Step 7:

Personalize these ideas for your kid. Are you trying to work on numbers? Use a spinner from a board game at one station—he has to spin it and count to that number or do that station a certain number of times. Are you trying to teach the value of different coins or how to tell time? Make one station about identifying coins and their value, while blindfolded. Does she need to work on her handwriting? Have one station with letters to trace on paper.

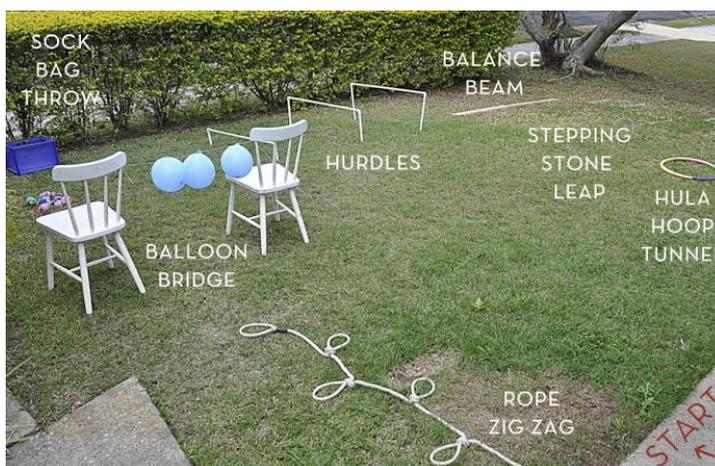


Make sure you time how long it takes your child to do the course, because when she finishes it, you can say, “Great! Do you think you can beat your time?”

## Tips:

The idea is to make a course suited best for your child. If all you want is to burn energy because you're trapped inside during the winter, make every station about spinning, crab walking, climbing, and doing jumping jacks. A good way to tire them out is to make a station where a task is repeated over and over, like having them roll a pair of dice and do a certain move that number of times, or move a pile of something back and forth. If you have small hand weights at home, use them!

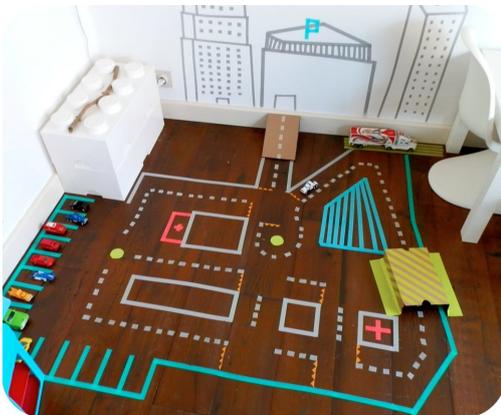
Your kid will be thrilled to get to use grown-up equipment in the game.



# Indoor Games

## Pen & Pencils Games

1. **Join the dots:** Make a 6×6 square of dots on a page. Take turns to join dots with a line. You can join only two dots at a time. If your line completes a box, you put your initial inside it. The person with the highest number of boxes wins. Once the child gets the hang of the game, move to a bigger square.
2. **Pictionary** is similar to charades. However, the person who has to express word or phrase needs to draw instead of acting it out.
3. **Name, place, animal, thing:** Divide the page into four parts: Name, Place, Animal, Thing. Set a timer for a few seconds and let the child recite the alphabet silently. When the timer stops, the child says what letter he stopped at, and the players have to write down the names of a person, animal, thing, and place starting with that letter.



## Tape Games

**Create a Race-Car Track:** Use your painter's tape to make a huge road system for your kids' matchbox cars. Think outside the box and have the track scale furniture and other obstacles. The key to making it active is to make it large-scale, so they are engaging their core muscles while crawling all over.

**Hopscotch:** Make a simple hopscotch "board" and your kids will think it's just the coolest thing that it's inside!

**Tape Lines:** Make 5–10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the "start" line and then give your kids simple instructions:

- Long Jump: See how many lines they can jump over. Have them try and beat their best score each time. Run 'n' Jump: Now let them take a running start and see if they can jump even further!
- Long Jump Backwards: Increase the difficulty by performing the tasks jumping backwards.  
Hop: How far can they jump on one leg?

# Indoor Games

## Movement Game

**Wheelbarrow Puzzle Walk:** Take your average Wheelbarrow race to the next level by having your child complete a puzzle. Set-up a wooden puzzle board and scatter the pieces around a room. Grab your child's ankles (or hips to make it a bit easier for little ones) and hold them up so they can walk on their hands to collect them. They have to bring each piece back 1 by 1 and fit it into the board until the puzzle is complete. *(editor's note: this is one of my kids' favourites and is great for upper body strengthening!)*

**Movement Charades:** Pretend to be your favorite animal, superhero or sports player by imitating their signature moves (no sounds allowed!). The rest of the players try and guess who they are – the first one to do so correctly, gets a point. If your kids have trouble thinking on the spot, write down some suggestions and place them in a hat to draw from when it's their turn.

**Musical Letters:** Make pieces of paper with big letters on them and spread them around the room. Play some music while they dance and then stop it and call out one of the letters. They have to immediately find the letter and sit down on it. If they pick the wrong one, have them do 15 jumping jacks (or whatever age appropriate movement you decide).

## DIY Board Game

The game works like this: players roll a die, land on a colour, choose a matching colour card and then perform the task written on the card. The game is straight-forward, but the possibilities for design and challenges are endless.

[PBS Kids](https://www.pbs.org/parents/crafts-and-experiments/create-your-own-board-game) explains step by step how to create your own board game.



Source: <https://www.pbs.org/parents/crafts-and-experiments/create-your-own-board-game>

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