

## Healthy Hearts

### **How to play:**

Layout 5 markers in a space around your area. These are your 5 cardio circuit activities.

- Station 1: Perform 10 star jumps.
- Station 2: Perform 10 mountain climbers.
- Station 3: Skip or jump for 10 seconds.
- Station 4: Perform 10 burpees.
- Station 5: Jog on the spot for 10 seconds.
- How many times can you repeat the circuit?

### **Reflection:**

Were you able to work hard and increase your heart rate?

Do you understand why it is important to raise our heart rate and keep active?

## Keep on the move

### **How to play:**

Place 3 pairs of socks, 3 cushions and 3 toys in different places on the floor around your living space.

- Players move around the space in a creative way.
- When a player reaches a pair of socks they jump 10 times. When a player reaches a cushion they hop 10 times. When a player reaches a toy they jog on the spot and count up to 10.
- Can you think of your own movement ideas? Can you move at different levels?

### **Reflection:**

Why did you move around the way you did?

Which way was the most challenging way of moving and why?

## Move to the beat

### **How to play:**

On the spot can you start by clapping in time to the music? Clap for 8 counts.

- After 8 claps, can you jump on the spot for 8 counts? Then can you jog around the space for 8 counts?
- Challenge yourself to add a final movement for 8 counts, then repeat.
- To make it harder, can you perform movements that take 8 counts to complete but do not require 8 individual counts e.g. a slide left (4 counts) a slide right (4 counts).

### **Reflection:**

Did you keep trying to improve your routine?

Did you challenge yourself to create harder movements?

## Times Tables Squats

### **How to play:**

With a partner or in a small group decide on a focus times table.

- Take it in turns to squat and shout out the correct multiples in order e.g. for 5 times table; 5, 10, 15, 20, etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answers.

<b>Gold Star – call out the time table in a random order</b>
<b>Silver Star – call out the times table backwards</b>
<b>Bronze Star - complete a times table of your choice in order</b>