

# Move More

A COLLECTION OF PHYSICAL AND  
CREATIVE ACTIVITIES TO SUPPORT  
CHILDREN AND FAMILIES WITH  
DIFFERENT CHALLENGES AND THINGS  
TO DO DURING THIS TIME.



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# Move More

## Dance Old Skool

Learn the moves and create a routine, remember to stay bouncy and relaxed.

**And when you're ready perform it to others in your house!**

### **RUNNING MAN**

Shuffle the  
feet, down  
right left,  
double right.

### **PARTY MACHINE.**

Kick legs out:  
right, left,  
double right.

### **THE FILA.**

Swing arms  
loosely.  
Shoulders  
side, side, side  
and lift.

### **REEBOK.**

Use a knock  
action and  
jump across  
the same way.

### **SMURF.**

Push the arms  
forward with a  
groove.

**You can stay on the spot or travel during your routine.**

How many different routines can you create? What music works best?

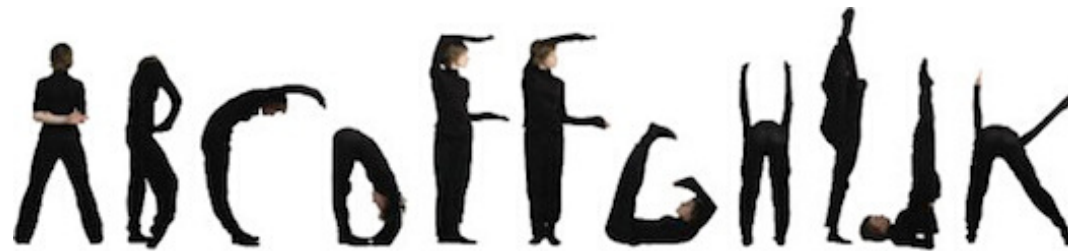


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## Spell Your Name

**The challenge...** Use your whole body to spell out your name. Start off by spelling out your first name and then move onto your surname.

**To differentiate the activity:** Lay down to perform the letters. Spell out another family members name. Spell out a sentence and get members of your household to guess what it was.



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## Hide and Hunt

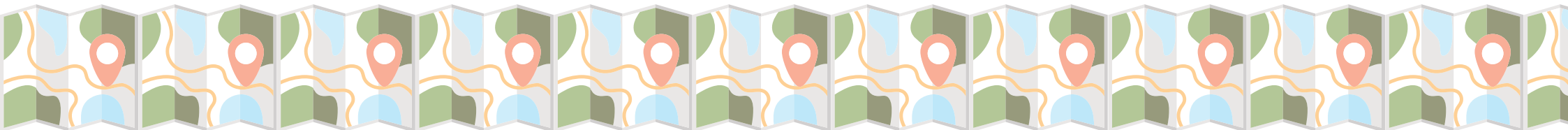
Get moving and raise your heart rate without realising it with hide and hunt!

- Draw a map of your house and garden.
- Take the map with you while you find some of your favourite toys.
- Hide your toys around the house and mark out where they are on the map.
- Give your parent or sibling the map and ask them to locate the toys!

**Make sure to hide your toys in random places where they can't easily be seen!**



Once all of the toys have been found, draw another map and ask your parent/sibling to hide the toys for you to find instead.



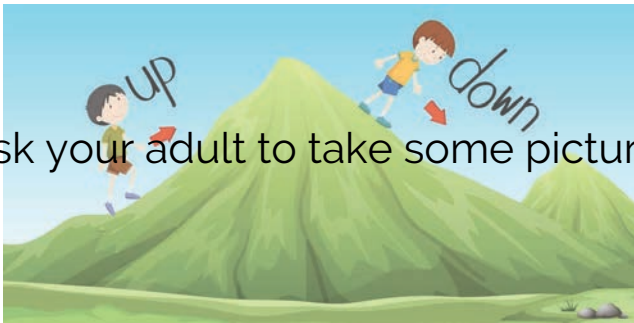
# Move More

## Outdoor Activities

Summer is almost here, just a few days away in fact, so it's the perfect time to enjoy the warmer weather outdoors!

Whilst you're out enjoying the fresh air see if you can tick these things off your checklist:

- **Run up a hill**
- **Roll down a hill**
- **Skim a stone**



Ask your adult to take some pictures of you doing these activities so you can look back on them at a later date.



Remember to be careful near the water and always make sure that your adult has said it's OK to do these activities beforehand.

# Mental Wellbeing

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# Mental Wellbeing

## Footsteps

Get two blank pieces of paper and draw around the outline of your foot.

One footprint will represent the past and the other the present.



Decorate both footprints with words and/or drawings that represent thoughts and feelings of the past and present.

## Yoga & Breathing

Take part in some yoga to help you calm down and relax. **Whilst doing these moves take big deep breaths.**

### CALM DOWN YOGA FOR KIDS



**I am strong.**

Use your strength to catch tricky waves.



**I am kind.**

Stretch high and spread kindness all around.



**I am brave.**

Be brave and fearless as you fly down the ski run.



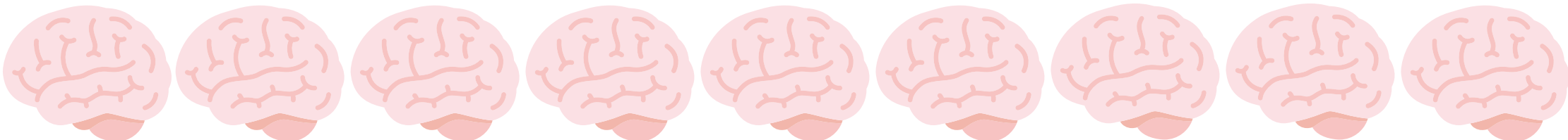
**I am friendly.**

Stretch like a dog wagging its tail.



**I am wise.**

Be a wise owl perched on a tree branch.



# Ball Skills

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# Ball Skills

## Throw and Catch

Grab a bucket or a box and a ball. Head outside and find a safe space to do this activity.

Throw the ball at a wall and catch it in your bucket or box. See how many times you can do this without missing!

**To make it easier:** Use a bigger bucket or box.

**To make it easier:** Have someone else throw the ball for you.

**To make it harder:** Use a smaller bucket or box.

**To make it harder:** Use a smaller ball.

## Learn to JUGGLE!

Get 3 similar sized balls (or socks, or anything similar that is equal in size).

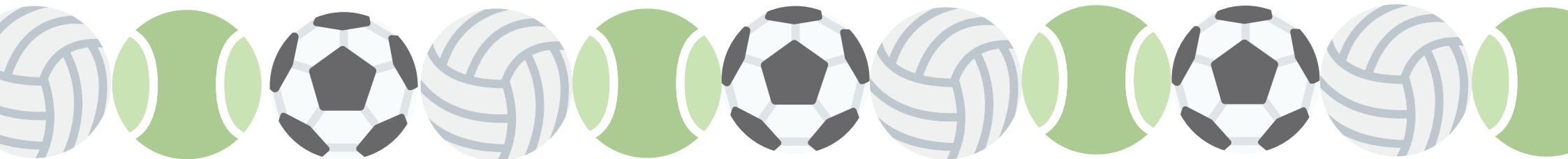
Start with 1 item and practice throwing that up in the air and catch it with your opposite hand.

When you're ready move onto 2 items, throw item in the right hand in a rainbow shape into the left hand. When the first item is at the top of the rainbow throw the item in the left hand into the right.

And finally add the third item and they're juggling!

If your child is left handed simply reverse the directions they throw.

Click [here](#) for a more in-depth tutorial.



# Outdoor & Nature Activities

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# Outdoor and nature activities

## Go on an outdoor scavenger hunt!

Summer is almost here, just a few days away in fact, so it's the perfect time to enjoy the warmer weather outdoors!

Get yourselves out into the fresh air and look around your garden or local park (remember to maintain social distancing) and see if you can find...

- **Something small**
- **Something big**
- **Something smooth**
- **Something rough**



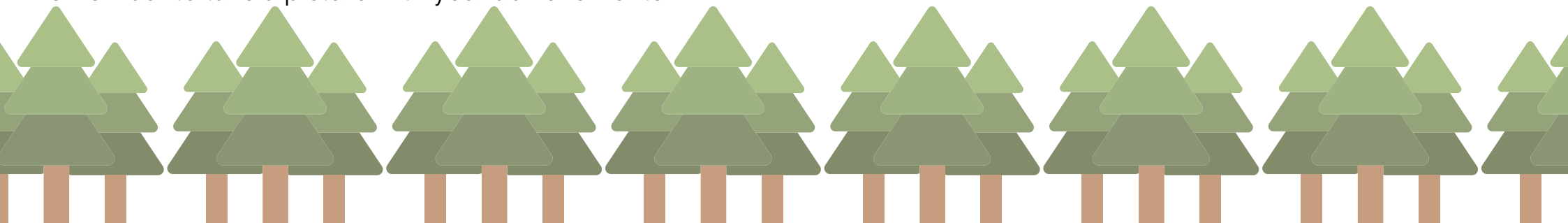
Once you've found something that matches these descriptions challenge yourself and see if you can find...

- **Something short**
- **Something long**
- **Something thin**
- **Something thick**



Tick each item off on your sheet and get a picture with your finds too!

Use the tick sheet to tick off what you find and remember to take a picture with your achievements.



# Outdoor and nature activities tick sheet

- Something  
small

☐

- Something long

☐

- Something big

☐

- Something short

☐

- Something  
smooth

☐

- Something thin

☐

- Something  
rough

☐

- Something thick

☐