



Irish Heart Foundation



*Get moving, get
healthy and have fun!*

Let's Get Active
at Home

Active HOME Week
April 27th - May 3rd

Welcome!



Challenge yourself to do at least 60 minutes of physical activity every day this week



All children and young people need at least **60 minutes of physical activity every day** for health. This can be difficult without the things that usually add to these daily 60 minutes such as walking to school, PE, sports training or playing games with friends.

It's more important than ever to **keep active and stay healthy**, both for your body and your mind! That's why the Irish Heart Foundation have created this Active at Home booklet to help and encourage you to achieve your daily recommended amount of physical activity at home.

This booklet contains lots of fun tips and ideas for getting active in many different ways! **Keep track of your physical activity each day** using the chart in this booklet. Why not stick this chart on the fridge or somewhere you will see it everyday.

Try to include:



Muscle strengthening activities



Flexibility exercises



Bone strengthening activities



Aerobic activity

*Ready?
Let's get started!*



We'd love to hear how you are getting on with our Active at Home booklet. Ask an adult to help you share how you have used this booklet!



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@IrishHeartFoundation



@irish_heart_foundation



schools@irishheart.ie



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Skipping is
great for
heart
health!

Skipping

Get
Skipping

Have fun while skipping towards your daily goal of 60 minutes of physical activity!
Try to do some skipping every day during Active Home Week.

Here are some ideas to try:

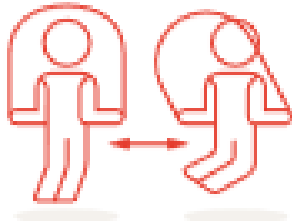
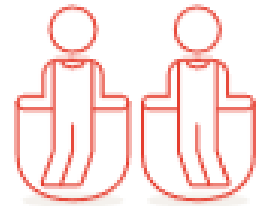


Basic Jump

Jump on both feet.
Jump once for each turn of the rope.

Skier

With feet together jump from left to right.



Bell

Two feet together and jump forward
and then backwards.



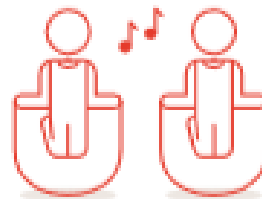
Can Can

Start off with normal single bounce,
then lift the right knee up,
knee down, kick out and come back in.
Repeat on the other leg.

Jumping Rhyme

Jump, jump, jump a rope,
Merrily in the spring.
Hop, hop on each foot,
As fast as you can sing.

(Repeat and try to skip faster with each verse)



Beat your own record

Start skipping and count the number of skips you
can do without stopping. Now try again and see if
you can beat your record.



Maths tables

Learn your maths tables while
you skip.
Call them out for every jump.

Skip-a-song

Play your favourite song and see if you can skip until
the end.



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Let's Get Active at Home

Track your
progress

- Use this chart to keep track of your daily physical activity.
- Each day, colour in a circle for every 10 minutes of physical activity that you complete.
- Make sure to write in any extra minutes that you achieve and calculate your total each day.

MONDAY	Extra Minutes	Total Minutes
	<input type="text"/>	<input type="text"/>
TUESDAY	Extra Minutes	Total Minutes
	<input type="text"/>	<input type="text"/>
WEDNESDAY	Extra Minutes	Total Minutes
	<input type="text"/>	<input type="text"/>
THURSDAY	Extra Minutes	Total Minutes
	<input type="text"/>	<input type="text"/>
FRIDAY	Extra Minutes	Total Minutes
	<input type="text"/>	<input type="text"/>
SATURDAY	Extra Minutes	Total Minutes
	<input type="text"/>	<input type="text"/>
SUNDAY	Extra Minutes	Total Minutes
	<input type="text"/>	<input type="text"/>

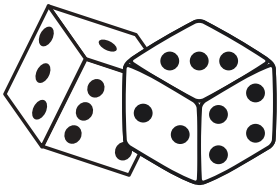
Well done!

WEEKLY TOTAL

Minutes



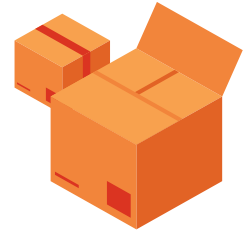
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Movement Dice

MONDAY

Use empty cube-shaped tissue box to make movement dice
(or use a cardboard box for giant dice!)



Instructions:

- Write or draw the words /pictures below onto your box. Printable versions are included at the back of this booklet if you would like to print and stick the pages.
- Throw the dice and do the move that lands facing up for 20 seconds.

Moves



Kick



Crawl



Hop



Jump



Punch



Run

If you have another box, add the following
describing words to its 6 sides and play with 2 dice.

Describing words

Forward

Backwards

Sideways / side-to-side

Slow

Fast

Around in a circle

- Throw both dice.
- Do the move on the move dice in the style of the word on the describing dice
(e.g. Crawl around in a circle or hop backwards)



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*This booklet includes 100 extra ideas for getting active this week.
Here are 20 ideas for Monday to help you achieve your goal of **60 minutes!***

- 1 Learn to juggle (use rolled up socks, toilet rolls, small balls).
- 2 Make an obstacle course with pillows, blankets and whatever you can find at home.
- 3 Put shoeboxes on your feet and 'skate' around the room.
- 4 Learn a Disney dance - share it with your family.
- 5 Try out doing animal movements, how many different animal movements can you do?
- 6 Create an activity jar - write loads of activities on paper and put in a jar. Pick a word a day. Every time someone says that word, they have to pick an activity to do. Start with 'bored'.
- 7 Chasing game like Tip the Can.
- 8 Practice your fundamental movement skills (run, skip, jump etc). See the Beyond the Classroom series on scoilnet.ie
- 9 Indoor bowling. Use empty plastic bottles, milk cartons as bowling pins and roll a ball to knock them over.
- 10 Lets Get Active at Home Challenge on IrishHeart.ie
- 11 Yoga (Try Cosmic Kids Yoga online).
- 12 Activity bingo.
- 13 Create your own game, you make the rule, make your own levels.
- 14 Balloon Olympics.
- 15 Find as many things in your garden or house beginning with each letter of the alphabet.
- 16 Jump, hop, run, do jumping jacks during TV ad breaks.
- 17 Beanbag games.
- 18 Have a disco at home.
- 19 Hula hoop using different parts of your body.
- 20 Have a three-legged race.





Active Alphabet

TUESDAY

In the below alphabet, each letter represents a different movement. Spell out words with your body using the movement for each letter.

Choose some of these challenges to spell:

- Your first name
- Your full name.
- The day of the week today.
- Your friend's names.
- The names of people in your family.
- Some of your school spellings.

(Take a 30 second break between words)

- | | |
|---|---|
| A Lie on your back then stand up (5 times) | N Hop on right foot (10 times) |
| B Swing arms slowly in circles (10 times) | O Take 10 long steps forward |
| C Touch the ground then jump up high (5 times) | P Jump up high (10 times) |
| D Lift knee and touch with opposite hand 20 times (alternating sides, 10 on each side) | Q Touch your toes and hold for 10 seconds |
| E Crawl on the floor for 10 seconds | R Hop on left foot (10 times) |
| F Touch your toes (10 times) | S Run on the spot for 10 seconds |
| G Lie on your back and pretend to pedal a bike with legs for 10 seconds | T Stretch arms and legs out wide like a star for 10 seconds |
| H Bounce side to side (10 times) | U 10 Jumping Jacks |
| I Punch the air 20 times (alternating arms, 10 on each side) | V Jump with an imaginary skipping rope for 10 seconds. |
| J Spin around (5 times) | W Kick left leg (10 times) |
| K Flap your arms like wings for 10 seconds | X Gallop like a horse for 10 seconds |
| L Kick right leg (10 times) | Y Slither like a snake for 10 seconds |
| M Jump like a frog (10 times) | Z Kick heels to bum 20 times (alternating legs, 10 on each side) |

With someone in your household, take turns spelling out words without saying out loud what it is. See if you can figure out what words each other have spelled.



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*This booklet includes 100 extra ideas for getting active this week.
Here are 20 ideas for Tuesday to help you achieve your goal of **60 minutes!***

- 1 Practice throwing - build your own target (bin, basket, cereal box).
- 2 Skip forward and back or side-to-side over a sweeping brush.
- 3 Hopscotch (use chalk, tape, or a length of cardboard to draw the squares).
- 4 Egg and spoon race.
- 5 Put on a music parade.
- 6 Create a treasure hunt with different physical activities to move from place to place.
- 7 Indoor volleyball with balloons, use different body parts to hit the balloon.
- 8 Make a sensory trail using flat objects with different textures (bubble wrap, towel, fur, felt, sponge, buttons etc.) to walk along in bare feet.
- 9 Sock basketball throwing challenge.
- 10 Be an ice skater, put on socks and glide across the floor.
- 11 Try movement charades.
- 12 Practice ball skills/ drills using indoor tape as markers.
- 13 Put a tennis ball in the foot of an old pair of tights, hold in one hand and practice kicking.
- 14 Use tape lines to practice jumping skills (see if you can beat your score).
- 15 Can you move your body in the shape of different letters of the alphabet?
- 16 See how far you can jump, hop or leap (or how many you can do forward in ten seconds) and use a measuring tape to measure the distance. Try to beat your own score.
- 17 Do a movement break with the Irish Heart Foundation's Bizzy Breaks poster (available at irishheart.ie/publications).
- 18 Have a sack race using pillowcases.
- 19 Musical chairs.
- 20 Play corners in the garden.



Top 10 Beanbag Ideas

WEDNESDAY

Try some of the following activities at home to help achieve your daily goal of **60 minutes of physical activity**.



Don't have beanbags at home? Use a balled-up pair of socks, or make your own beanbag using a sock filled with dried rice, lentils or beans. Ask an adult to help sew or glue the sock shut, or tie the opening in a knot.

1) Balance the beanbag on different parts of your body.

2) Throw and catch the beanbag in different ways, either solo or with a partner (e.g. clap once before catching, clap twice before catching, clap once and spin around before catching, throw under one leg, throw backwards etc.)

3) See how far you can throw the beanbag. Mark your distance and see if you can throw it further each time.



4) Make an obstacle course and try to complete it while balancing the beanbag on your head, or while throwing and catching the beanbag.

5) Throw the beanbag in the air and try to catch it using different parts of your body.

6) Make different targets for throwing the beanbag into (e.g. buckets, plastic bowls, clothes basket, paper plates). Assign a different number of points to each target. Write down how many points you score for each throw and calculate your total score. See if you can beat this score next time.

7) Make a line on the floor with masking tape (inside) or chalk (outside). Walk along the line like a tightrope walker, keeping the beanbag balanced on your head.



8) Place the beanbag between your knees and see how many jumps you can do without dropping it. Or have a 'beanbag between the knees' race.

9) Arrange empty plastic bottles or toilet/kitchen roll tubes in lines like bowling pins and throw beanbag from a distance to try to knock them over.

10) Place the beanbag on your foot without bending your upper body. See how high you can lift your leg in front and to the side while keeping the beanbag on your foot. See how far you can walk while keeping the beanbag on your foot. Then try with the other foot.



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100

Active 100

(Part 3)



*This booklet includes 100 extra ideas for getting active this week. Here are 20 ideas for Wednesday to help you achieve your goal of **60 minutes!***

- 1** Make a cornhole toss using cardboard and make your own beanbags.
- 2** Pretend the floor is lava (move around the room without touching it).
- 3** Call out a colour and everyone in the room has to run, jump or hop to touch something of that colour (you can't touch the same object as anyone else).
- 4** Play a song and dance before each meal of the day.
- 5** Try elastics (jumping games) at home using chairs.
- 6** Learn a dance from a music video.
- 7** Wheelbarrow race.
- 8** Practice balance skills - you could start with a teddy on your head.
- 9** Play keepy uppies – how many can you do? Use a football or a tennis racket/table tennis paddle and ball.
- 10** Indoor golf - make a course using boxes, toilet or kitchen roll tubes and cardboard. Use a ping-pong ball or other small plastic ball.
- 11** Recreate a school Sports Day at home with your family.
- 12** Write numbers on paper cups and spread them around the room or garden. Throw or kick a ball and write down the numbers on any cups you knocked over. Keep track of your score and calculate at the end.
- 13** Get your heart pumping with PE with Joe Wicks the Body Coach, RTE junior 10@10, Just Dance or gonoodle.com.
- 14** Draw pictures outside with chalk.
- 15** Make a treasure map & go on a treasure hunt.
- 16** Indoor scavenger hunt (See week 2 of Let's Get Active Challenge on IrishHeart.ie)
- 17** Hide and seek.
- 18** Build a fort or a den.
- 19** Play capture the flag.
- 20** Blow and catch bubbles.



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Animal Moves

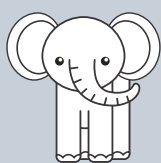
THURSDAY

This active game can be played on your own or with family and contributes to your goal of **60 minutes of physical activity per day.**

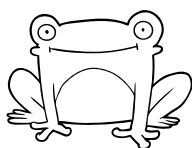
Below are 4 suggestions for different ways to play.

No equipment: Close your eyes and point to one of the animals on the page at random. Complete the move of that animal for 20 seconds.

Floor toss: Print (or write or draw) out the different moves on separate sheets of paper. Arrange the pages on the floor. Throw a beanbag or other small object to the pages and complete the move it lands on for 20 seconds.



Stomp like an elephant



Jump like a frog



Star jump like a starfish



Hop like a bunny



Flap like a bird



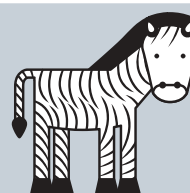
Stand on one foot like a flamingo



Gallop like a horse



Side-step like a crab



Kick like a zebra

Printable pages included at the back of this booklet.

Use a deck of cards: Choose your 4 favourite moves and assign a move to each suit (e.g. Spades = Star jumps). Draw a card from the deck and complete the move for that suit the number of times on the card (i.e. 4 of spades = 4 star jumps). Make a rule for picture cards.

Use dice: Choose your favourite 6 moves and give each move a number 1-6. Roll the dice and perform the move for 30 seconds. To increase the challenge, use 2 dice; come up with 2 extra moves of your own and number the moves 2-12.



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*This booklet includes 100 extra ideas for getting active this week.
Here are 20 ideas for Thursday to help you achieve your goal of **60 minutes!***

- 1 Use a large piece of paper (or stick lots of small pages together) to make a giant paper aeroplane and see how far you can throw it.
- 2 Activity races – see who can do the most jumping jacks in a minute, see who can run on the spot for longest.
- 3 Make your own Twister board using different colours or shapes.
- 4 Active Xs and Os (use tape as the grid and write X and O on pages or paper plates).
- 5 Help to clean - pick a song and try to clean the whole room before the song is over.
- 6 Play the alphabet game – Pick a theme like animals or films, and come up with different movements for each letter.
- 7 Play limbo using the sweeping brush as your limbo stick
- 8 Do #blindinglightschallenge
- 9 Put on a show! Dress up, sing, create a set.
- 10 Tape pages or paper plates to floor like lily pads and leap from pad to pad.
- 11 Hide objects all around the house, this could be teddies, lego pieces, notes, balls etc. Play a song and see who can find the most before the song ends.
- 12 Try a Family Dance Workshop video from Sadler's Wells Theatre Youtube.
- 13 Play catch with an empty box.
- 14 Play 'Follow the Leader'.
- 15 Play leap frog.
- 16 Play dodgeball.
- 17 Play crab football (crab walk and hit the ball with hands or feet)
- 18 Do rolling or tumbling races.
- 19 Make up a dance to your favourite song.
- 20 Practice doing a headstand or handstand.



Top 10 Balloon Ideas for Physical Activity

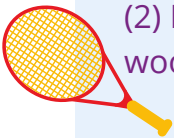
FRIDAY



(1) Balloon Football – Kick the ball back and forth or try balloon keepy uppies.



(2) Balloon Tennis - If you don't have a racket, use a fly swatter, spatula, wooden spoon or paper plate taped to a ruler.



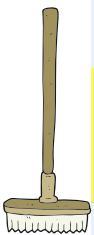
(3) Balloon Volleyball – Use the washing line or hang a ribbon as your net.



(4) Balloon Batting – Use a cardboard tube (from wrapping paper or tin foil) as a bat to strike the balloon as it's thrown to you.



(5) Balloon Hockey – move the balloon along the floor using a stick, a hurl, a sweeping brush or a rolled up length of newspaper.



(6) Tie a balloon to a piece of string and ask an adult to hang it from the ceiling or a door frame. Use this to practice kicking, catching or striking.



(7) Make a line on the floor with masking tape (inside) or chalk (outside). Crawling on the floor, blow the balloon along the line. You can put some obstacles on the line to blow the balloon around for extra challenge.



(8) Create a start and a finish line. Keep the balloon up in air using any part of your body (without holding it) while walking or running to the finish line.



(9) Put the balloon between your knees and have a waddling or jumping race.

(10) Write different letters of the alphabet on balloon using a thick marker. Throw and catch the balloon. When you catch it, see what letter the tip of your pointer finger is closest to and say a word beginning with that letter.



*This booklet includes 100 extra ideas for getting active this week.
Here are 20 ideas for Friday to help you achieve your goal of **60 minutes!***

- 1 Using two cushions, jump from one end of the room to the other jumping from cushion to cushion without touching the floor.
- 2 Stick paper to the wall - try drawing with your feet while lying on your back.
- 3 Stack up some empty cardboard boxes, try to knock them over from a distance using a tennis ball.
- 4 Play ice hockey using a jar lid as a puck and cereal box as a goal. Use a hurl, pool noodle or sweeping brush as a stick.
- 5 Do circuits using the 4 corners of the room. Choose a different movement for each corner and do each move for 30 seconds.
- 6 Fill an empty milk carton with water, attach to a rope, and pull around.
- 7 Use a beach towel or a sheet for parachute games. Hold the edges of the towel and throw a ball in - see how long you can roll it. See if you can get the ball into a target such as a laundry basket or hula hoop.
- 8 Play hot potato.
- 9 Freeze dance.
- 10 Create balance lines using tape. Try walking on the tape forwards, backwards and sideways.
- 11 Design a driving course or maze using tape.
- 12 Create your own activity dice.
- 13 Try the #BinTheBoredom challenge.
- 14 Play Mirror Mirror.
- 15 Traffic lights.
- 16 Laser Chase - one person shines a torch or laser pointer around the floor and the other(s) chase the light.
- 17 Monster in the middle.
- 18 Movement songs (head, shoulders, knees and toes).
- 19 Play hot and cold.
- 20 Play active Simon Says.





Kick



Crawl



Hop



Jump



Punch



Run

Forward

Backwards

slow

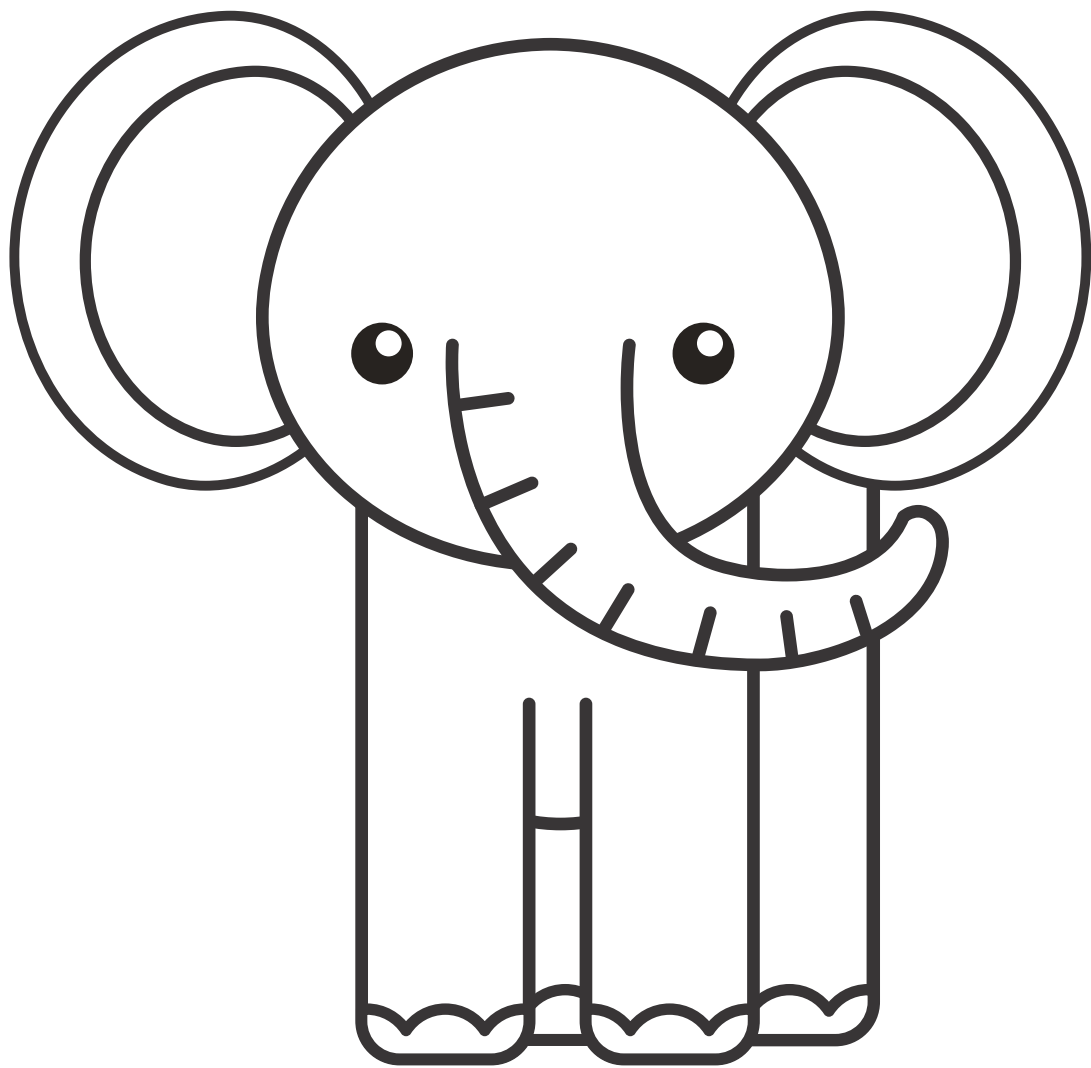
Sideways

or

side-to-side

Around in
a circle

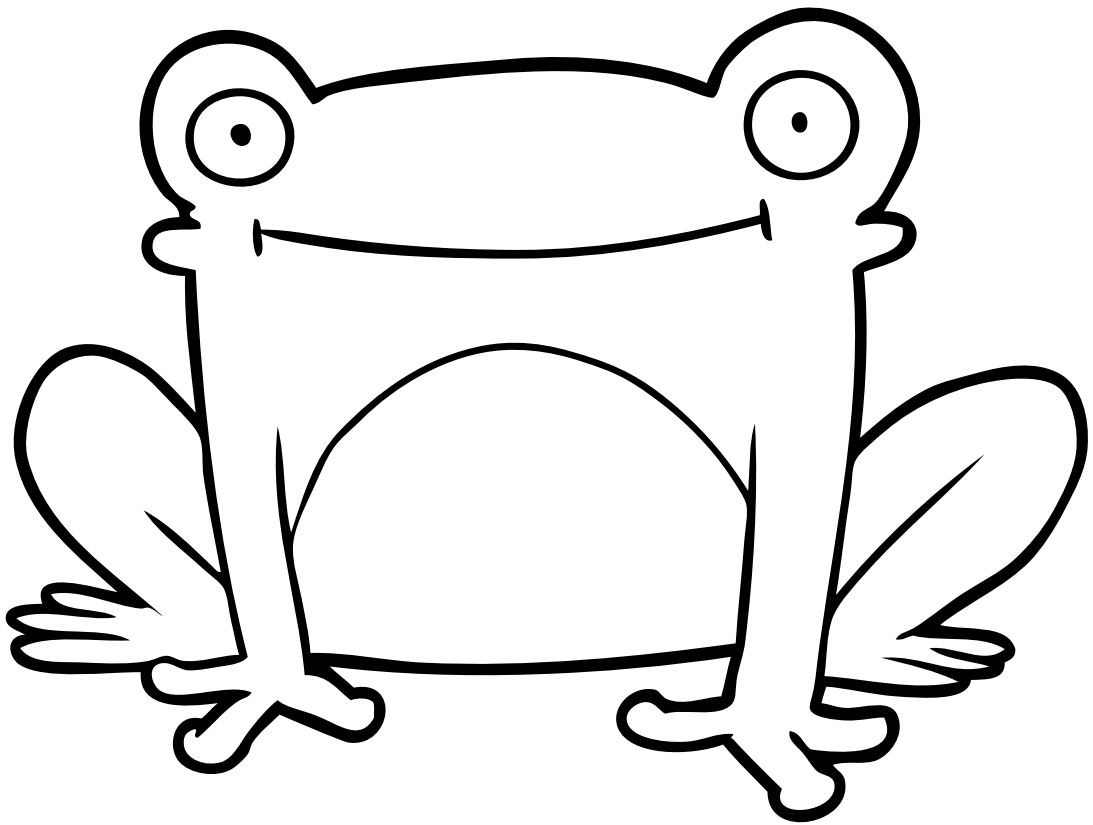
Fast



**Stomp
like an elephant**



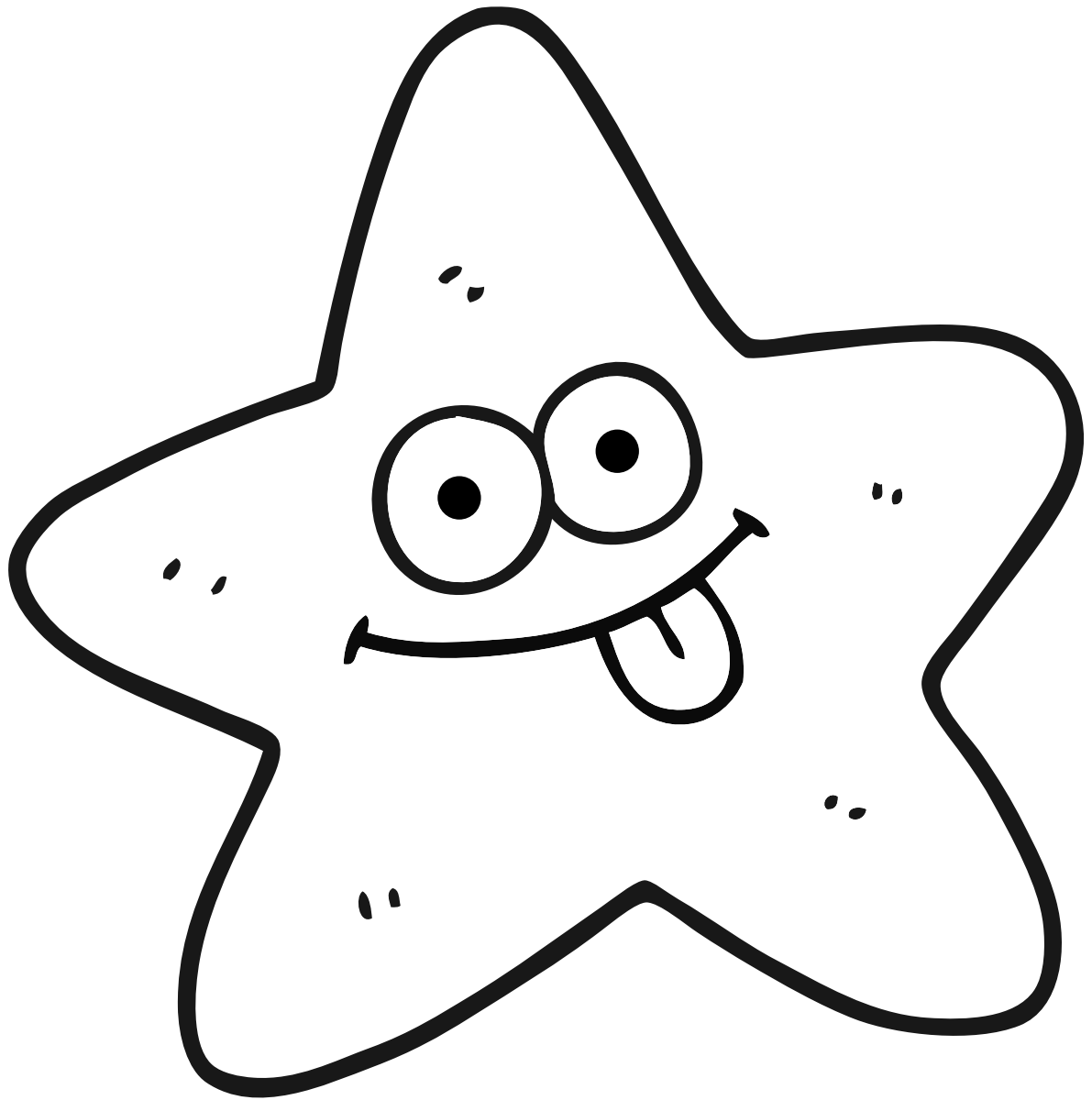
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**Jump
like a frog**



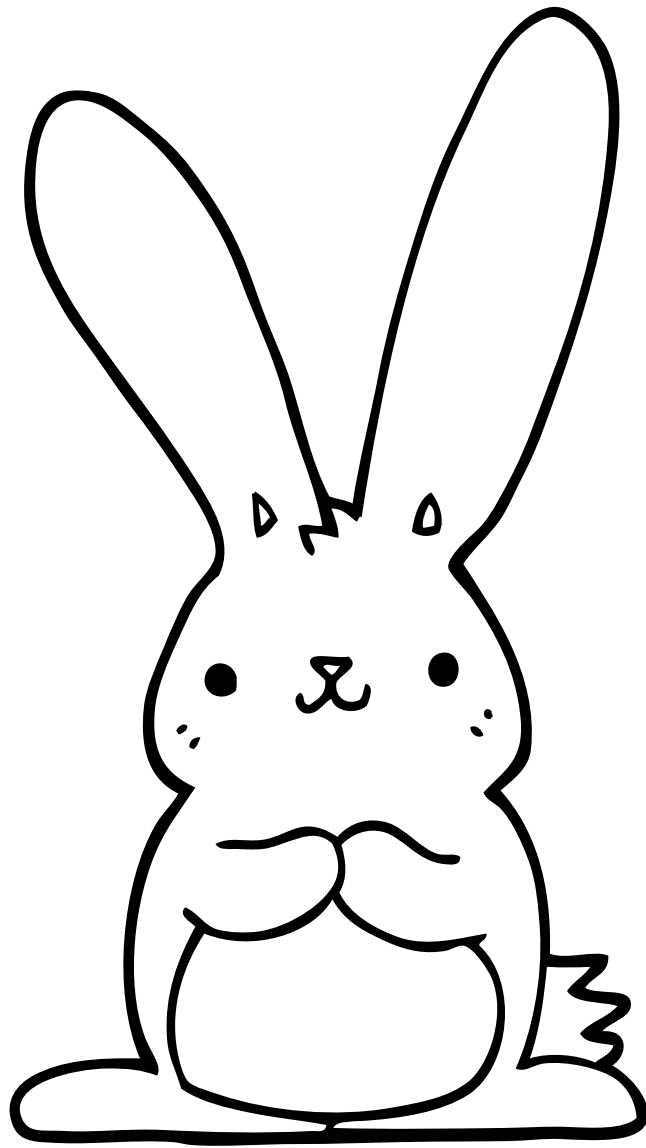
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**Star jump
like a starfish**



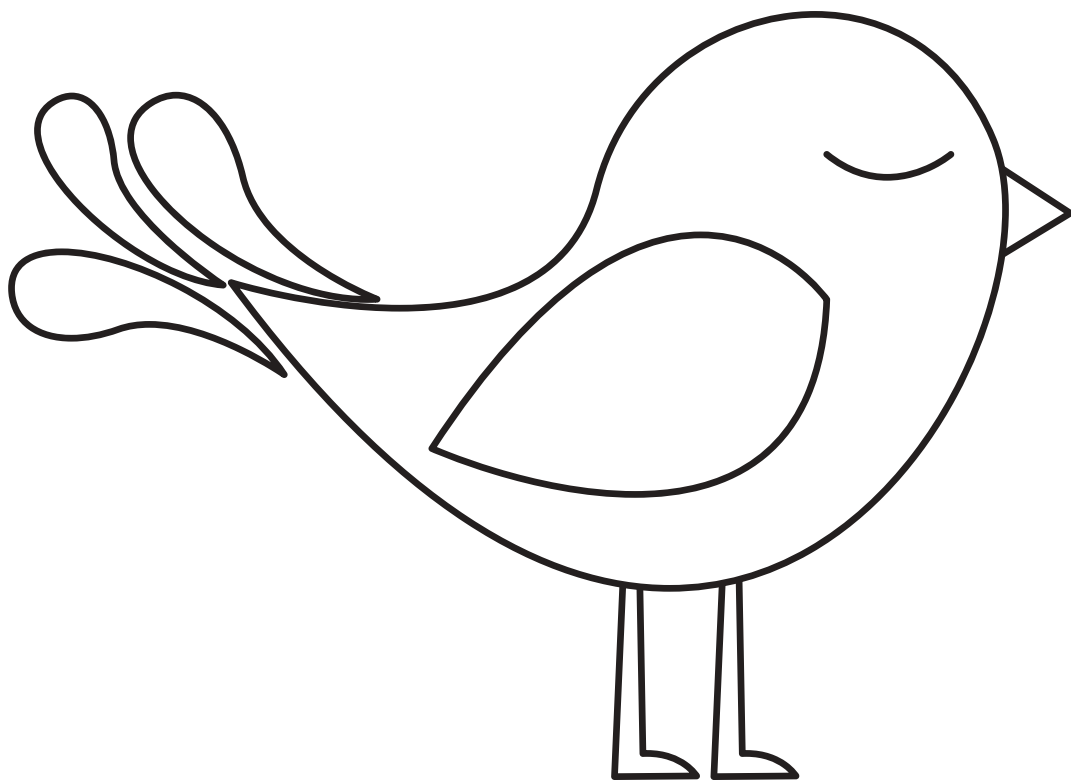
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**Hop
like a bunny**



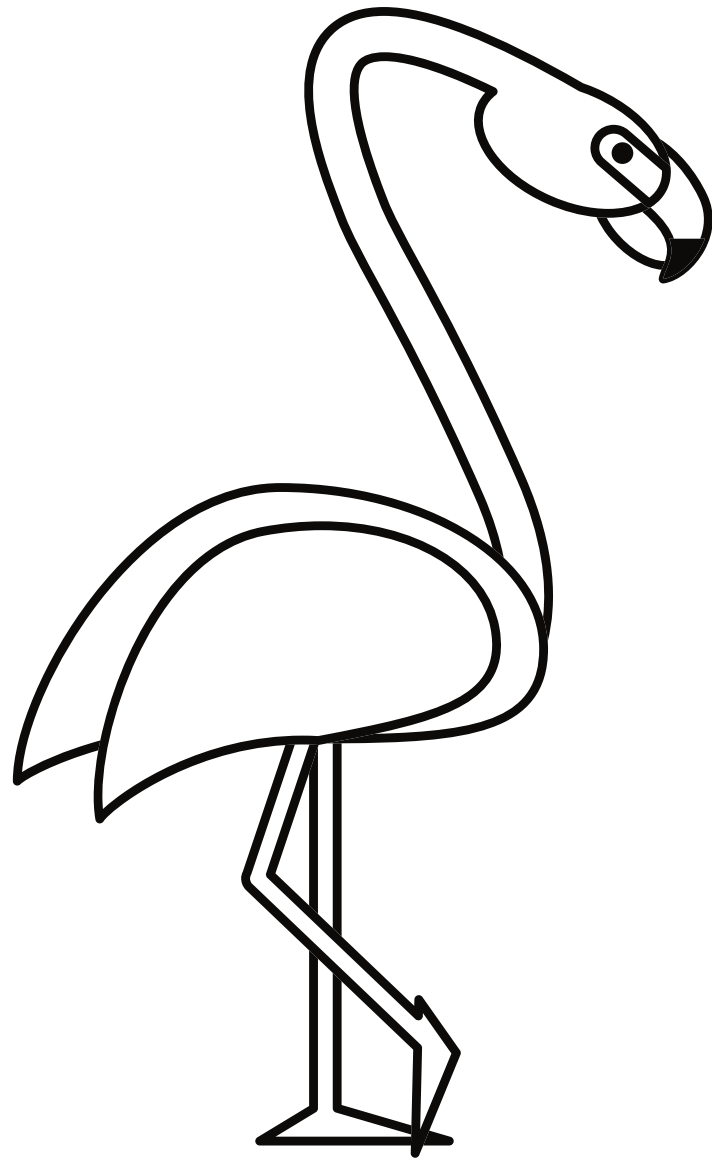
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**Flap
like a bird**



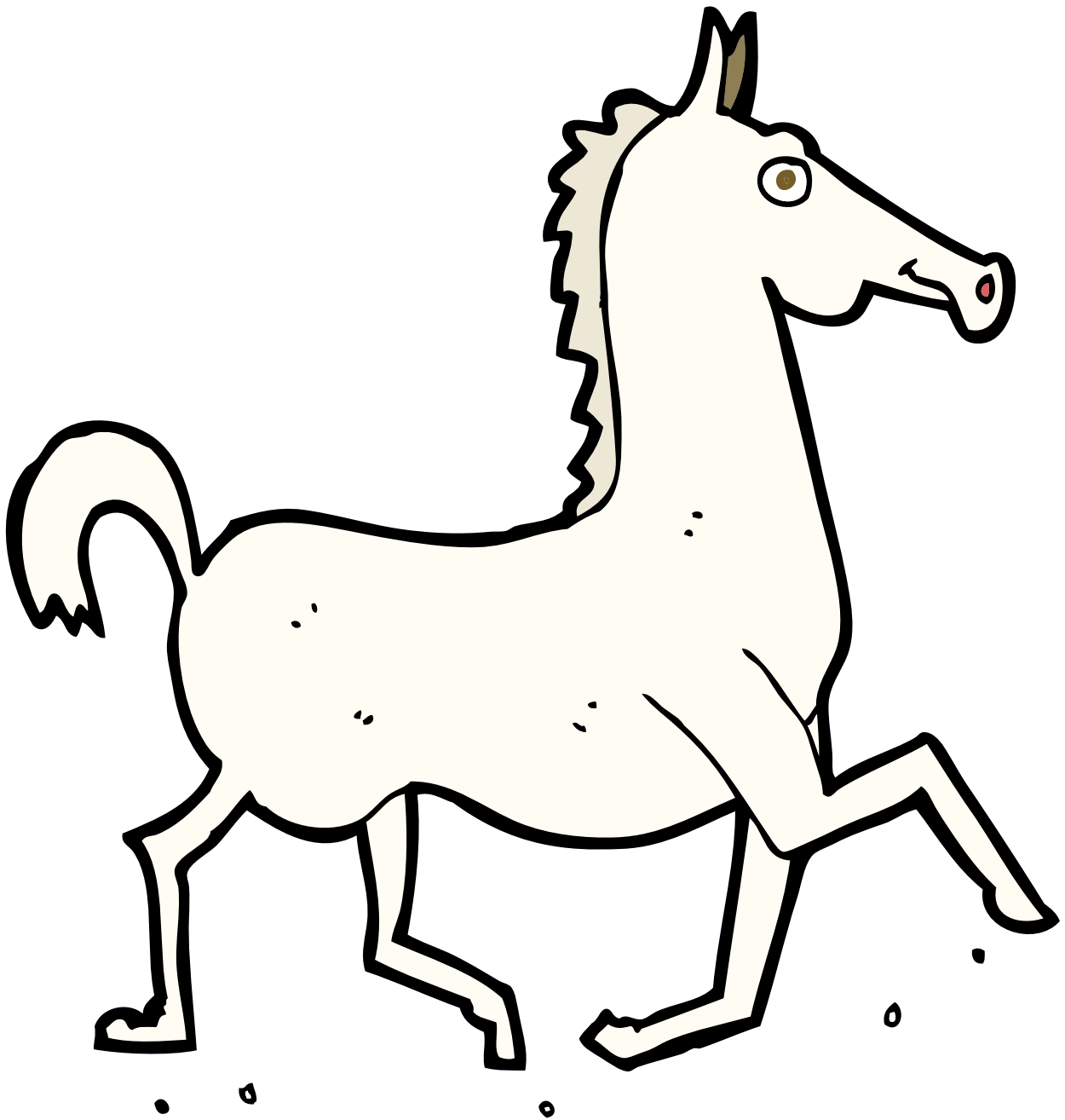
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**Stand on one foot
like a flamingo**



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**Gallop
like a horse**



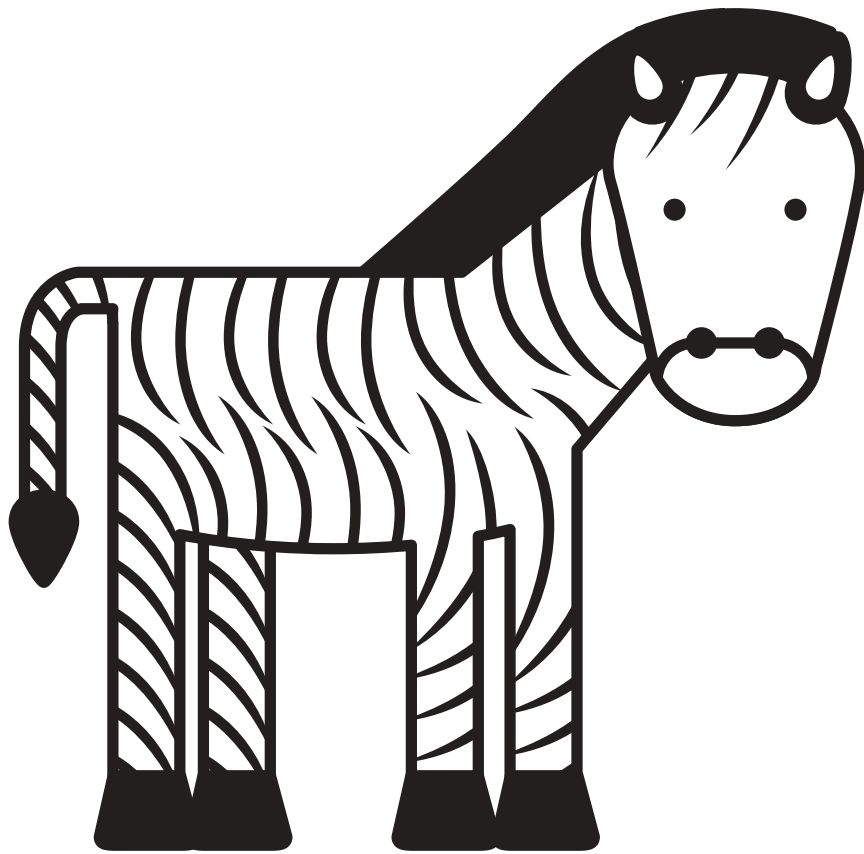
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**Side-step
like a crab**



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**Kick
like a zebra**



**Irish Heart
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