



Family Fun Challenge

#stayhome #stayactive #keepwell

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Today choose your favourite activite for 60 minutes... List what you did...

Sunday

Sunday Funday let move for 1 hour tell us what you enjoyed most about today

Each weekday follows the same pattern:
15 minutes **Daily Mile**
30 minutes **Energy Buster**
and 15 minutes on **Balance Skills**

These activities do not have to be completed at one time but can be done throughout the day.

Write the total number of minutes you were active each day.

Choose your activity for the weekend

Colour in the star when you have completed your activities for the day

Week 1

15 mins: Walk/jog/run
30 mins: Energy buster
15 mins: Balance activity



Total Mins



Total Mins



Total Mins



Total Mins



Total Mins



Week 2

15 mins: Walk/jog/run
30 mins: Energy buster
15 mins: Balance activity



Total Mins



Total Mins



Total Mins



Total Mins



Total Mins



Week 3

15 mins: Walk/jog/run
30 mins: Energy buster
15 mins: Balance activity



Total Mins



Total Mins



Total Mins



Total Mins



Total Mins



Week 4

15 mins: Walk/jog/run
30 mins: Energy buster
15 mins: Balance activity



Total Mins



Total Mins



Total Mins



Total Mins



Total Mins



Your record

1-10
You're a star



11-20
You're a shooting star



21+
You're a SUPERSTAR





Daily Mile – 15 Minutes

The aim is to get you active by walking, running or Jogging for 15 minutes a day at your own pace around your area, house, garden or on the spot. This is a great way to start your day. Complete the four-week challenge and you will have completed approximately 20 miles. If you are outside you can also talk about what you see, hear, smell and touch along the way.

This family challenge is all about having fun with the kids while staying active at home.

Then Donegal Sports Partnership encourages children to move more and try new activities with their families. The family challenge aims to help families reach the guidelines of 60 mins everyday for children.

Energy Busters – 30 Minutes

You choose how you spend the next 30 minutes use the boxes below for ideas

Musical Statues

Equipment: **Music**

Play one of your favourite songs and dance freestyle. Ask someone to stop the music now and then during the song. Freeze and make a shape with your body, for example: a wide, narrow, twisty, small or curled shape.

Follow the Leader Dance

Equipment: **Music**

Play a piece of your favourite music (or why not try "The Lion Sleeps Tonight"). One person leads and the other person follows using movements such as skipping, jumping, hopping, side stepping, sliding or crawling to the music. Can you dance like different animals of the jungle? - tiger, lion, snake, zebra, giraffe, frog.

Obstacle Course

Use objects you already own like jump ropes, boxes and hula-hoops to create an obstacle course. Test yourself completing the course, keep your time. You can change up the course with how you move, hop only, skip, and crawl or use your imagination and test your skills.

The Chicken Dance

Equipment: **Music**

Play the song "The Chicken Dance" and move along with the actions.

Movement Quickies

- Walk around the space. Use all the space. While the adult calls out the actions
- Walk tall, small, with short steps, with long steps.
- Walk like an elephant, walk lightly like a bird.



(Get kids to suggest ideas also)

Quick Movers

1. Shake your sillie
2. Bean Bag Balance
3. Help a friend
4. Touch blue
5. Popcorn
6. The wiggle poem
7. Hi-ho
8. Musical Island
9. Traffic Lights

Activites 1-9 can be viewed on our Donegal Sports Partnership website. See link below.

<https://activityhub.activedonegal.com/resource/ag-sugradh-le-cheile/>



Target Practice

You will need a ball or a beanbag for throwing, and hoops/boxes/mats as ground markers. Place the ground markers at different locations in the room or garden. Stand at a marked throwing location and see if you can throw the ball/socks to land on or in the ground markers to earn a point. Run out and collect the throwing object and see if you can get it into all the ground markers from your throwing location. If successful, move your throwing location to another point and try to throw at all the ground markers again. You can have as many ground markers as you like but only 1 throwing object per game. Try different types of throwing objects to see if it is easier or harder.

Spinning Pairs

Get into pairs and face each other. Place your palms on the other's palms with arms outstretched. Both parent and child close your eyes and pull your palms apart while keeping their palms at that height. Both turn around on your respective spots 3 times at the same time. The goal is to reconnect palms after spinning while keeping your eyes closed.

Balance activities

Equipment: **A line on the ground** (this could be a line on your kitchen tiles, wooden floors, on the footpath, in the garden or use chalk to draw a line in the playing area)

- Walk along a line on the ground, one foot in front of the other. Imagine that you are a tightrope walker. Include some of these balancing activities
- Turn fully around in the middle of the line without losing balance or toppling off the line. - Stretch out your arms in front of you and stand on one foot with your eyes closed.
- Hold a wide shape for a count of three as you balance on the line. - Play a clapping game or 'Rock, paper, scissors' with someone opposite you.

Body part balances

Equipment: **A soft surface such as a carpet, mat or grassy area.**

Try some of the following individual balances. Hold them for five seconds without wobbling. Practice them in front of someone at home or in front of a mirror.

- Balance on smaller body parts for example two hands and one foot, one hand and one foot, two knees and one hand.
- Balance on one, two, three, four or five body parts.
- Arm balance- Sit on the ground with your legs stretched out in front of you and your back straight. Point your toes. Place your hands down by the side of your body. Press the palms of your hands down onto the ground and lift your bottom off the floor. Take the weight on your heels and hands.

Try Balance with a buddy.. Try some of the following pair balances with someone at home. - Sinking movement - Seesaw movement - Arabesque - Wine glass - Horizontal pairs - Hands and knees balance - Create a pair balance of your own.

Shadows

- Parents lead out on this activity first.
- Call out and demonstrate numerous actions and the children do the same actions as the parents.
- Move through the actions slowly in order for the children to follow and mirror exactly what you are doing.
- If children become skilled at this activity, you can speed it up. Change roles – child leads out and parents mirror the child's actions.

Tails

Equipment: **Ribbon/ odd sock**

- Parent and child to stand facing each other, with a ribbon or odd sock, as a tail tucked into the back of their trousers, leaving sufficient hanging down to form a tail.
- Stay close together as each is trying to get the others tail and prevent them from getting their own tail by dodging around the small space in an effort to protect their own tail.
- If there is more than one child, try this as a group Change roles – child leads out and parents mirror the child's actions.