



Home learning activities

This home learning activity has been designed to help families of any size to be more active together and in any situation or location.

- Consider keeping a record of how active you have been together as a family at home. Can you make it competitive? Make a wall planner to chart your progress.
- Which were the children's favourite activities? Which were the adults'? Have you made up any games? Let us know how you're getting on by tweeting @PENetworkUK and we'll share!
- We're still trialling this resource, but have made it publicly available for free due to the current COVID-19 situation. Please feel free to let us know what you think of these activity sheets. Which were the best bits? Any problems? You can do this by emailing helen@penetwork.co.uk



Balloons

You will need:

- 1 pack balloons
- 2 markers - you could use chairs or cushions



Try doing some or all of the activities on this sheet.

You might have played some games before, which is your favourite?

Can you feel your heart beat faster?
Are you breathing harder?



Home activity

Balloon Bounce

Everyone lines up behind a marker. Another marker is placed some distance away.

Time how long it takes each member of the family to jump with the balloon between their feet, from the first marker, round the second and back to the first.

If the balloon is dropped, the player must return to the last marker they passed and continue from there.

Who can go fastest? If there are enough of you, make teams.

Make it harder!

Put balloons between your knees - have some spare balloons, just in case! Or place a soft toy on one foot and keep it there while walking.



[See how it's done:](#)



Did you know?

A child is 50% more likely to be active if they have an active parent.

Balloon Lava

How long can your family keep one balloon in the air? Three minutes? Five? Now try with more balloons. Don't let any of the balloons hit the floor (lava)!

Make it harder!

Use more balloons than people or, do the same thing, but lie on your backs and only use your feet to keep the balloons up in the air!



[See how it's done:](#)



Prefer to use bubbles? You can have lots of fun jumping around trying to pop bubbles inside and outside. Take turns to blow them; see who can make the biggest one!



Balloons



LOTTERY FUNDED

Pass the Balloon

Get everyone in your family to stand in a line and see how quickly you can pass a balloon down the line and back again. You could pass it over the head of one person and between the legs of the next

person, or under the chin, or between the knees... can you think of any other ways?

If you have space, the person at the front of the line can run to the back ready to have another turn.

Make it harder!

Make it faster. Put on some fast music and see if you can keep up with the beat!

Balloon Sweep

Blow up lots of balloons and place them in different rooms. Take it in turns to see who can collect the most balloons in one minute.

The player who collects the most, wins.

Make it harder!

Play to fast paced music, use more balloons or try to do it in less time.



Did you know?

Physical activity helps children and young people to grow and helps to develop and protect their muscles, bones, heart, lungs and circulation and helps them maintain a healthy weight.

Before you blow up the balloons, cut up small pieces of paper and have each person write or draw something they love about another member of the family. Stuff the little papers into the balloons. When the balloons pop you can read the messages out loud.

Balloon Surprise



Always make sure you dispose of burst balloons responsibly as they can be dangerous to wildlife and small children. When finished, put them straight in the bin!



Walking challenge: Week 1

Walk to a destination a bit further away than usual. Time how long it takes you to walk there. Record it and see if you can beat your time on your next trip!

Cool Down

“Your muscle is like spaghetti. When the muscle is cold, like uncooked spaghetti, it is difficult to bend and stretch. But when the muscle is warm, like cooked spaghetti, it will stretch and grow longer and remain that way. Think of your muscle as warm, cooked spaghetti. Stretch it gently.”



Walk slowly round the room for 1 minute, shaking hands and feet gently as you go.

Move into a circle, facing inwards and mime some stretches:

- Reach up to the sky – stand on your tip toes!
- Bending down to touch your toes – try to keep your legs straight!



Next, loosen up by doing some gentle neck circles:



1

How to do neck circles

- Sit cross legged in a comfortable position.
- Take a few moments to relax your shoulders, arms and face.
- Then, gently circle your head in figure eight motion.

Repeat this five times, then do it again

2

How to do shoulder circles

- Sit in a comfortable position
- Close your eyes if you like.
- Roll your shoulders forwards in a circle.

Repeat this five times., then repeat the shoulder rotations in the opposite direction five times.

Shake off the rest of your energy through your finger and toes.

Well done!



[See how it's done:](#)



Cool down

Blank writing area with blue border and horizontal lines.

Blank writing area with green border and horizontal lines.



Blank writing area with green border and horizontal lines.

Blank writing area with blue border and horizontal lines.

Blank writing area with red border and horizontal lines.

Record your own games!

