

# AT HOME



**CMCSS COORDINATED SCHOOL HEALTH:  
PHYSICAL ACTIVITY AT HOME**

# TIPS FOR GETTING STARTED

1

## **MAKE MOVEMENT FUN**

Keep movement lighthearted and fun. Kids are more likely to participate well when it isn't forced and it's something they enjoy.

2

## **STRIVE FOR 60 MINUTES A DAY**

Sixty minutes a day of physical activity is recommended for children and adolescents. This can be done all at once or in shorter increments throughout the day.

3

## **ENCOURAGE SHORT ACTIVITY BREAKS**

Short activity breaks throughout a school or virtual learning day help kids improve their focus and learn better. Spending 1-5 minutes doing physical activity a few times throughout the day can be helpful.

4

## **JOIN IN THE FUN!**

If you're able, join your kids! By participating in physical activities with your kids, you're setting an example of healthful behaviors, and bonding with them at the same time.



# PHYSICAL ACTIVITY

## AT HOME

### 2 WEEKS AT A GLANCE

DAY  
1

#### **DANCE PARTY**

Turn up the tunes and bust a few moves. Parents: make sure you join in, too!

DAY  
1

#### **OBSTACLE COURSE**

Create a simple obstacle course with items around the house and see how fast you can go!

DAY  
2

#### **CRAZY EIGHT EXERCISES**

Pick 3 exercises and do them each 8 times. Ex: push-ups, jumping jacks, high knees, punches.

DAY  
2

#### **WHIFFLE BALL SOCCER**

Play indoor soccer using a soft ball or whiffle ball. Whoever gets the most goals in 10 minutes wins!

DAY  
3

#### **YOUTUBE YOGA**

Search Cosmic Kids Yoga on YouTube. Pick a song and press play!

DAY  
3

#### **SCAVENGER HUNT**

Create a list of things to find at home. Set a time limit and go! Ex: something that's red

DAY  
4

#### **I SPY WALK**

Go for a neighborhood walk and make it fun by playing I-Spy!

DAY  
4

#### **HOW MANY CAN YOU DO?**

Challenge each other to see how many stairs you can climb, steps you can take, or push-ups you can do.

DAY  
5

#### **ON WHEELS**

Get outside--- ride a scooter, skateboard, roller blade, or bike!

DAY  
5

#### **FREE-FOR-ALL**

Get creative. Play. Get outside. Go for a hike. Play a sport or game. Do whatever your family enjoys!

It is recommended that kids get at least 60 minutes of physical activity each day!

# ACTIVE BRAIN BREAKS

## ACTIVITY

## TIME

## DONE?

### DAY 1

- Stretch session: Pick 3 stretches.
- Run in place
- Play a favorite song and dance!

30 sec/stretch  
1 min  
2 min

### DAY 2

- Rock, paper, scissors!
- Scissor kicks and arm crosses
- Jump in place

1-2 min  
1 min  
1 min

### DAY 3

- Act like your favorite animal
- Imaginary jump rope
- Strength exercise: squats or sit-ups

1 min  
1 min  
1 min

### DAY 4

- Jumping jacks
- Dance in place
- Toe touches (hold for 30 sec; do twice)

1-2 min  
1 min  
30 sec/stretch

### DAY 5

- Frog jumps
- Imaginary hula hoop
- Overhead stretches and lunges

1 min  
1 min  
30 sec/stretch