

Activities to Stay Active at Home



A Note to School Leaders

This guide includes activities for students K-12 and with options if they have internet access or do not have internet access. If a school is using technology to support learning opportunities at home, we recommend linking this guide for students and families to access. If a school is not using technology, we recommend printing copies of this guide and including it in your students' take-home packets.

The following sections can be found throughout this guide:

K-8 with Internet Access	1
K-8 without Internet Access	2
6-12 with Internet Access	4
6-12 without Internet Access	5
Inclusive Activities for All Ages	6
Additional Resources	6

K-8 with Internet Access

- **K-5 Physical Education Enrichment Folder:** Parents can have access to skills & quick assessments that are aligned to curriculum.
 - **Materials Needed:** Internet
- **GoNoodle for Families:** Safe and Kid Friendly
 - **Materials Needed:** Internet
- **Animal Movements/Locomotor Movement Folder:** Parents can use this folder to have students practice animal movements and locomotor skills.
 - **Materials Needed:** Internet
- **Just Dance Videos:** School-Appropriate Follow-Along Dance Videos
 - **Materials Needed:** Internet
- **Child-Friendly Workout Videos:** Easy to Follow Along Tabata Workout
 - **Materials Needed:** Internet
- **NFL Play 60 App:** Walk to move your character in the game to explore a fun interactive environment and find football players! Add players to your roster, play catch with them, train with them, and prepare with them for competition. Open mystery boxes to collect footballs, hearts, and helmets to strengthen your players in training. Search for hidden objects to win



Activities to Stay Active at Home

additional prizes! See how many steps you take each day. In the [NFL PLAY 60 App](#) you can: count steps, collect funky characters, workout your arms, legs, and heart with fun mini-exercises, pick your favorite NFL team, earn stars for a chance at the prize wheel, exercise and train your players to earn rewards, see your rank on the leaderboard, and run, jump, dance, and catch, and see your players do the same.

- **Materials Needed:** Apple or Android Phone or Tablet and Internet

K-8 without Internet Access

- **Don't Let the Balloon Touch the Ground:** Hit the balloon up in the air, but don't let it touch the ground. To make it more challenging for older kids, have them juggle more than one balloon or tie one hand behind their back. Time them to see how long they can do it, or if you have multiple kids, have them count how many times they can hit it back and forth, then see if they can beat their time or score! This game is great for improving arm strength and hand-eye coordination.

- **Materials Needed:** Balloons (Just a reminder that pieces of burst balloons can be a serious choking hazard.)

- **Numbers Square:** Make a large square with your tape and then divide it into nine or more small squares, marking random numbers in each one. Now ask your child to perform a specific movement to get to the next number like "jump to 10," "zoom to 3," or "slither to 67."

- **Materials Needed:** Tape

- **Hopscotch:**

1. Draw a **hopscotch** design on the ground.



2. Throw an object similar to a flat stone (small bean bag, shell, button, plastic toy) to land on square one. The object will be your 'marker' during play.
 3. Hop through the squares, skipping the one you have your marker on.
 4. Pick up the marker on your way back.
 5. Pass the marker on to the next person.
- **Materials Needed:** Tape, object for tossing



Activities to Stay Active at Home

- **Balloon Volleyball:** Make a “net” by tying a piece of string between 2 chairs and then have your child hit the balloon back and forth by running from one side to the other, trying to keep the balloon off the floor. If you have two or more kids, have them hit the balloon over the net as many times as they can without it falling.
 - **Materials Needed:** Balloons (Just a reminder that pieces of burst balloons can be a serious choking hazard), string, chairs
- **Potato Drop:** Have all participants place a potato between their knees and race to a finish line where they have to drop the potato into a designated bowl or bucket. If the potato is dropped, or if hands touch it, the participant has to go back to the start and try again. (Editor’s note: this is actually a great party game for big groups of kids – split them up into 2 teams and relay race to see which one can get all their potatoes into the bucket first!)
 - **Materials Needed:** Potato, bowl or bucket
- **Sticky Note Wall Bop:** Attach twenty-six sticky notes to the back of a door and write a different letter on each one (in random order). Make a “start” line a few feet away from the door (more if you have older kids), and have your child stand behind it with a soft ball, bean bag, stuffed animal, or pair of rolled-up socks. Now instruct them to throw their object to try and hit the “A” or the “T.” Players with more advanced aim and spelling skills can try and hit all the letters in specific words (to make it even tougher, if they miss one of the letters, have them start all over again!). Alternatively, write different point values on each sticky and give your child ten throws. For each target they hit, mark down the number of points. At the end of the round, tally up to crown a winner (or if playing solo, have them try and beat their previous score). (Editor’s note: make sure your kids are retrieving their throwing object themselves. Running and bending down to pick it up over and over again is all part of the exercise!)
 - **Materials Needed:** Sticky notes, soft-tossing object, paper and pencil for keeping score
- **Mirror Mirror:** Stand face to face with your child, about a foot apart, and have them attempt to copy all your movements. Reach up and stretch to the sky. Do ten jumping jacks. Run in place. Act like an animal. Make it fun and you’ll both be working up a sweat in no time. Then switch roles and copy your child – they won’t be able to hold back the laughter (and neither will you!)
 - **Materials Needed:** None
- **Mission Impossible Obstacle Maze:** Using either crepe paper or flag tape (held in place with painter’s tape), create an intricate maze in a hallway for your kids to navigate their bodies through. Put the tape up high and



Activities to Stay Active at Home

down low, forcing them to step over and crawl under at various points. The only problem with this one is that once you make it, your kids will constantly be begging you to make another!

- **Materials Needed:** Crepe paper, flag tape, or painter's tape
- **Obstacle Course:** This tried-and-true idea is always a huge hit with kids, and can be made different every time so it never gets old. Make sure to create an engaging course that includes a variety of motions (jumping, crawling, balancing, etc.) and uses a large area. Have your kids help make the course (which is half the fun!) using some of these creative ideas:
 - **Materials Needed:** Hula hoops to jump through, line of tape to balance on, couch cushions to hop between, table to crawl under, blanket over two chairs to crab walk through, tupperware containers to hurdle over, stuffed animals to roll over, plastic cups to run around
- **Mr. Fox:** Children stand in one spot in their own personal space and ask "Mr. Fox, Mr. Fox, what time is it?" Mr. Fox (the adult) responds by picking a time and an exercise. For example, if Mr. Fox says "8 o'clock and jumping jacks" children do eight jumping jacks and then freeze. Children continue to ask Mr. Fox what time it is and Mr. Fox gives them different times and exercises. The game continues until Mr. Fox says "Dinner Time!" Then all students must run in place as if they were running away from a fox.
 - **Variations:** Children can become assistants to Mr. Fox or can lead the game as Mr. Fox.
 - **Materials Needed:** None
- **Red Light, Green Light:** Explain that the adult is a traffic light and they must complete the correct actions for each light. Children will complete each action in their own personal space standing in one spot. Start with red light. Children should be standing still. Next, call out "Yellow Light." Yellow light means slowly walk in place at turtle speed. Continue to integrate different colored lights and different speeds/actions. Be as creative as you want! Options include: Red Light: Stop! (Freeze like a penguin), Yellow Light: Walk in place (Turtle pace), Green Light: Jog in place (Horse pace), Super Green Light: Run fast in place (Cheetah pace), Purple Light: Skip in place, Orange Light: Frog jumps, Blue Light: Bunny hops, Pink Light: Gallop like a horse
 - **Materials Needed:** None

Activities to Stay Active at Home



6-12 with Internet Access

- **Body Weight Challenge Videos:** Students challenge themselves by trying different bodyweight exercises.
 - **Materials Needed:** Internet
- **Periodic Table of Yoga Poses:** Students use the table to try different yoga poses.
 - **Materials Needed:** Internet
- **Instant Activities/Fitness Folder:** Parents can use this folder and select from multiple videos/games/activities that can enrich fitness levels.
 - **Materials Needed:** Internet
- **Yoga Pose Slideshows:** Parents can use this folder and select from multiple yoga sequences for a variety of skill levels.
 - **Materials Needed:** Internet
- **Instructional Bodyweight Videos for Body Parts:** Students can navigate different exercises that strengthen particular body parts.
 - **Materials Needed:** Internet

6-12 without Internet Access

- **Healthy Corners:** Identify four activities for the four corners of the room. Activities can include jumping jacks, chair dips, arm circles, calf raises, or squats. Children rotate through each corner after a short duration of time doing each activity for 1-2 minutes.
 - **Variations:** Play music and when the music stops children rotate between stations.
 - **Materials Needed:** None
- **Cardio Conducting:** Cardio conducting is similar to "Follow the Leader." Explain that you are the conductor. Just like in a symphony, children must perform the exercises or actions that correspond with the conductor's hand signals. Begin by reviewing 3-4 hand signals (see below). Slowly add on more signals and speed up the motions to make the game more difficult. Examples of signals include: arms straight down means everyone jogs in place; hands pointing to the air means everyone jumps up and down, reaching for the ceiling; point to the left means everyone jumps to the left and does fast feet; hands-on hips means everyone does calf raises.
 - **Variations:** Be as creative as possible with the signals. Allow children to both create and lead the conducting.
 - **Materials Needed:** None



Activities to Stay Active at Home

- **Fitness Uno:** Before beginning the game, choose an exercise for each color. Example: Red- Jumping Jacks, Green- Squat Jumps, Blue- Jog in Place, Yellow- Arm Circles. When the card states WILD, have the children pick their favorite exercise to perform.
 - **Variations:** If playing the game with the Uno deck of cards, have the children use the number on the deck to indicate how many reps to perform of each workout. You can also use a regular card deck and assign random workout movements to each suit.
 - **Materials Needed:** Uno Cards or playing cards
- **Physical Activity Jeopardy:** Tape 5-10 envelopes, each with a physical activity listed inside, somewhere in the room. Write 10, 15, 20 or 25 on the outside of each envelope. Call on a child to pick one of the envelopes and then perform the physical activity inside it for the number of repetitions listed on the front of the envelope. Activities could include: boxing jabs, jumps, push-ups, tricep dips using their chair, arm circles, jumping jacks, elbow to opposite knee touches, etc.
 - **Materials Needed:** Envelopes, slips of paper for writing, pen/pencil
- **DIY FitBall:** Before you play: write various activities on the beach ball. Example: five squats, ten toe touches, etc. Participants arrange themselves in a circle. The DJ starts the music and participants will hand or toss the beach ball from one person to the next while the music is playing. When the music stops, the person holding the beach ball picks the activity closest to his or her right thumb for the group to perform. Make sure everyone has the appropriate space before starting the activity. Return to your group circle and continue playing the game as time allows.
 - **Materials Needed:** Marker, music, blank beach ball
- **Fitness Bingo:** Use the sample bingo card (under Additional Resources) or create your own. Write all of the physical activities on the bingo card onto individual index cards. Pick an index card one at a time. Have the children complete the activity and then mark their bingo cards. Example activities include: hopping on one leg, jumping jacks, etc.
 - **Materials Needed:** Index cards, bingo sheet

Inclusive Activities for All Ages

- **Fitbound:** Free inclusive online videos
 - **Materials Needed:** Internet
- **Adapted PA Youtube Channel:** Adapted physical activity videos
 - **Materials Needed:** Internet
- **Adapted Yoga for Kids:** Adapted yoga videos



Activities to Stay Active at Home

- **Materials Needed:** Internet
- **Adapted Physical Activities:** Adapted physical activity ideas
 - **Materials Needed:** Internet

Additional Resources

- [At-Home Physical Activity Calendars \(English and Spanish\)](#)
- [Household Items That Can Substitute for PE Equipment](#)
- [Fitness Bingo Card Example](#)

A	C	T	I	V	E
Wall-sit	Lunges	Jumping Jacks	"I Don't Know" Stretch	Squats	Jog on the Spot
Burpies	Bench Step-Ups	Cross-Country Ski	Slow Motion Lie Down	Knee-Ups	Leg Lifts
Bicep Curfs	Arm Circles	Choose your own	Curl-Ups	Hamstring Curl	Push-ups
Bicycle	Front Elbow Support	Tuck Jumps	Shoulder Rolls	Butterfly Stretch	Sit-ups
Grapevine	Twist	Seat Walk	Wall-sit	Jog Around the Gym	Toe-Touches