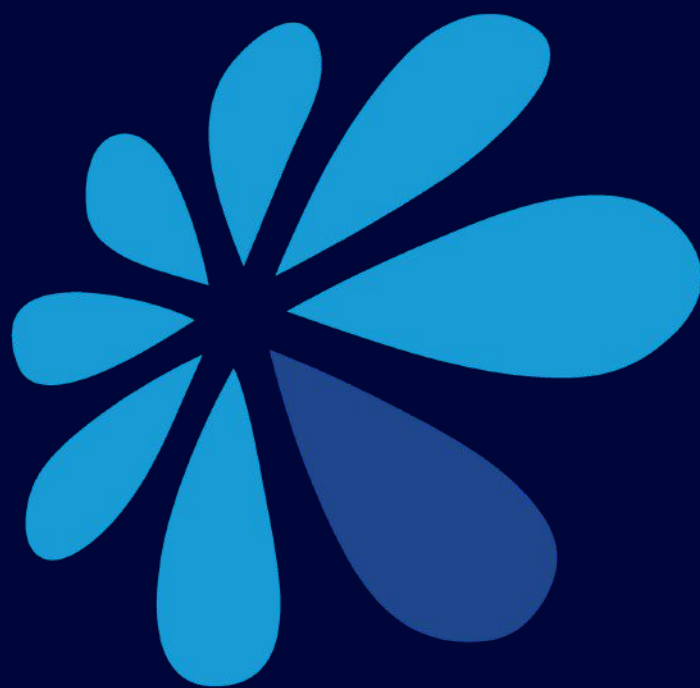


SPREAD A LITTLE HAPPINESS!

PE & SCHOOL SPORTS NETWORK



THE PE AND SCHOOL
SPORTS NETWORK

PE & School Sports Network, Timber Pond Road, Rotherhithe, London SE16 6AT

Tel: 020 7237 1928 Ext: 4086

www.lpessn.org.uk

It's a tough time for the world right now.

For our children, for our families, for our friends and for ourselves we must echo in unity and strength to ease the challenges we have ahead.

This toolkit has been sent out to all our members and partners. We want to send this to as many non members and non partners as possible. We want to "spread a little happiness" to as many people as possible in these testing times.

It is extremely important that the maintenance of Physical and Mental exercise is forgoing at home.

Regards,

The PE Network

Please contact Wilson Frimpong or Glyn Davies for more information

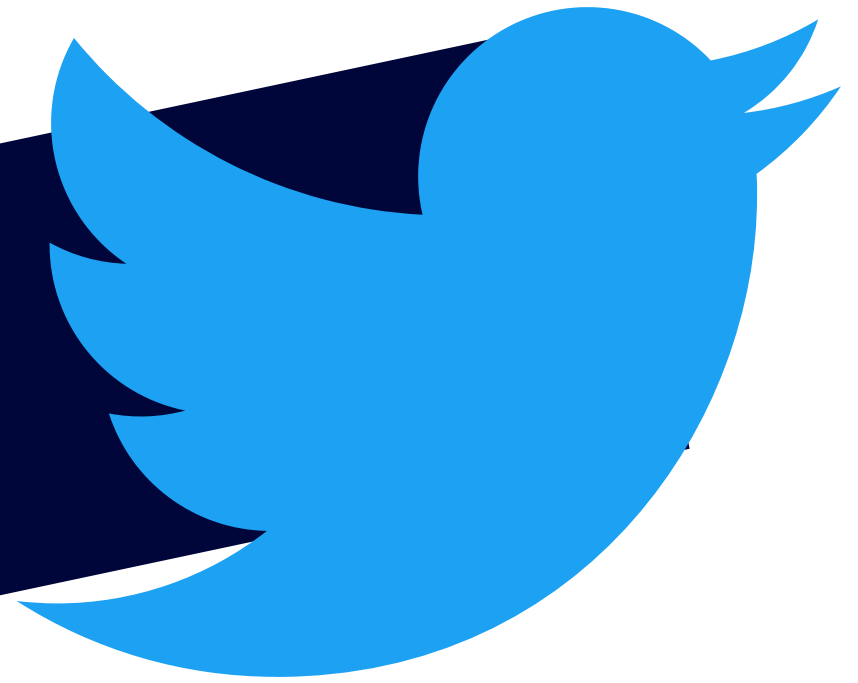
(wilson@lpessn.org.uk) or (glyn@lpessn.org.uk)

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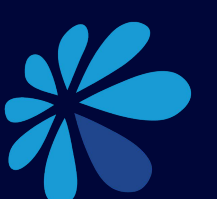
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Mindfulness Activities

Mindfulness is a practice performed to enhance the ability of becoming fully present in the moment, to free our-selves from distraction or judgement and to embrace being in the 'now'.

Breathing Exercises (Pranayama)

Deep breathing is one of the best ways to reduce stress and anxiety, when you breathe deeply messages get sent to your brain telling it to calm down and relax a little, the more you practice the calmer you will get. It can assist with focus, relaxation, improvement of cardiovascular function, lung and respiratory endurance, immune system function and the release of melatonin. Breathing exercises are easy to learn and don't require any special equipment or space.

Morning Breathing

- From a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor.
- As you inhale slowly and deeply, return to a standing position by rolling up slowly, lifting your head last.
- Hold your breath for just a few seconds in this standing position.
- Exhale slowly as you return to the original position, bending forward from the waist.
- Notice how you feel at the end of the exercise.
- Repeat this exercise 3-5 times every morning.

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STOP

- **Stand up and breathe.** Feel your connection to the earth.
- **Tune in to your body.** Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.
- **Observe.** Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.
- **Possibility.** Ask yourself what is possible or what is new or what is a forward step.

Belly Breathing

- Sit or lie flat in a comfortable position
- Put one hand on your belly just below your ribs and the other hand on your chest.
- Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move.
- Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in and use it to push all the air out.
- Do this breath 3 to 10 times. Take your time with each breath.
- Notice how you feel at the end of the exercise.

Alternate Nostril Breathing

- Sit in a comfortable position with your legs crossed.
- Place your left hand on your left knee.
- Lift your right hand up toward your nose.
- Exhale completely and then use your right thumb to close your right nostril.
- Inhale through your left nostril and then close the left nostril with your fingers.
- Open the right nostril and exhale through this side.
- Inhale through the right nostril and then close this nostril.
- Open the left nostril and exhale through the left side. This is one cycle.
- Continue for up to 5 minutes.
- Always complete the practice by finishing with an exhale on the left side.

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Mindful Observation and Awareness

Now, of all times is the perfect time to notice and appreciate our surroundings, become aware of the things we have, and essence gratitude into our everyday lives. Noticing the little things can have a tremendous impact on our mental well-being. We all take small things for granted day in and day out, with strict measures being placed world-wide, there is no time like now to appreciate every little thing we have.

Family Observation

- Get together with your household wherever you feel comfortable (living room sofa, kitchen table etc)
- One by one, share a positive opinion on something you wouldn't necessarily be thankful for or notice as it's become an everyday habit – for example, taking a warm shower/bath, having a cup of tea, watching the television.
- Take a mental or physical note of what everybody has said and the next time you act on such a thing, notice that many other people may not have these things and show gratitude towards the privilege.

Individual Awareness

- This is best practiced before you go to sleep. Lay down in a comfortable position (in bed!) and close your eyes, take a few deep breaths to slow the mind.
- Reflect on anything that provoked any negative emotions regardless of how small (couldn't find your keys). Take a deep breath and except the emotions you'd previously felt – by learning to accept these things, our minds can open up to challenging tasks with more ease giving us the opportunity to build strength and resilience.
- Now focus your energy on anything that provoked positive emotions and become aware of how it makes you feel. Try to also think about all of the little things you'd normally take for granted (clean clothes, fresh water, hot meals) and take a few minutes to be thankful for your positive experiences and such privileges.

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Body Visualisation

- Lay down in a comfortable position with your eyes closed
- Imagine a vine of leaves or flowers slowly flowing through your body. Start at either your head or your toes and focus your attention on each and every part of the body as the vine ascends or descends.
- Stop for 5-10 seconds at each part of your body noticing how beautiful you are and become thankful for what you have.
 - I am thankful for my beautiful eyes, as they allow me to see
 - I am thankful for my beautiful nose, as it allows me to smell
 - I am thankful for my beautiful ears, as they allow me to hear
- After you've scanned your whole body, tell yourself you're beautiful 2-3 times. Notice how you feel after your visualization.

Mindful Immersion

The intention of this exercise is to cultivate contentment in the moment and escape the persistent striving we find ourselves caught up in on a daily basis. Rather than anxiously wanting to finish an everyday task in order to get on with doing something else, take that regular routine and fully experience it like never before.

- If you are cleaning your house, pay attention to every detail of the activity.
- Create an entirely new experience by noticing every aspect of your actions whilst attending to the chore.
- Feel and become the motion when sweeping the floor, sense the muscles you use when scrubbing the dishes, develop a more efficient way of wiping the windows clean.
- Try to get creative and discover new experiences within a familiar routine task.
- Become aware of every step and fully immerse yourself in the progress. Take the activity beyond a routine by aligning yourself with it physically and mentally so it becomes less of a chore.

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Art Therapy Activities

Art Therapy is a form of expressive therapy that uses the creative process of Arts and Crafts to improve a person's mental, physical and emotional well-being.

Mandala Colouring

Colouring mandala designs using pencils, paints, pastels or even online resources combines the benefits of both meditation and art therapy into a simple practice that can be done at any place and time. It can assist with stress and anxiety relief, inner relaxation, stimulate the release of melatonin, lower blood pressure and assist with sleep. Here's some fantastic websites for all ages to encourage this practice. Perhaps you could try drawing your own!

- <https://colormandala.com/main/color/bf8ab181566ace2e61d04ce272674deb>
- http://www.hellokids.com/r_262/coloring-pages/mandala-coloring-pages
- <https://www.mombooks.com/dp-online-activity/mandala-colouring/>
- <https://www.art-is-fun.com/how-to-draw-a-mandala>



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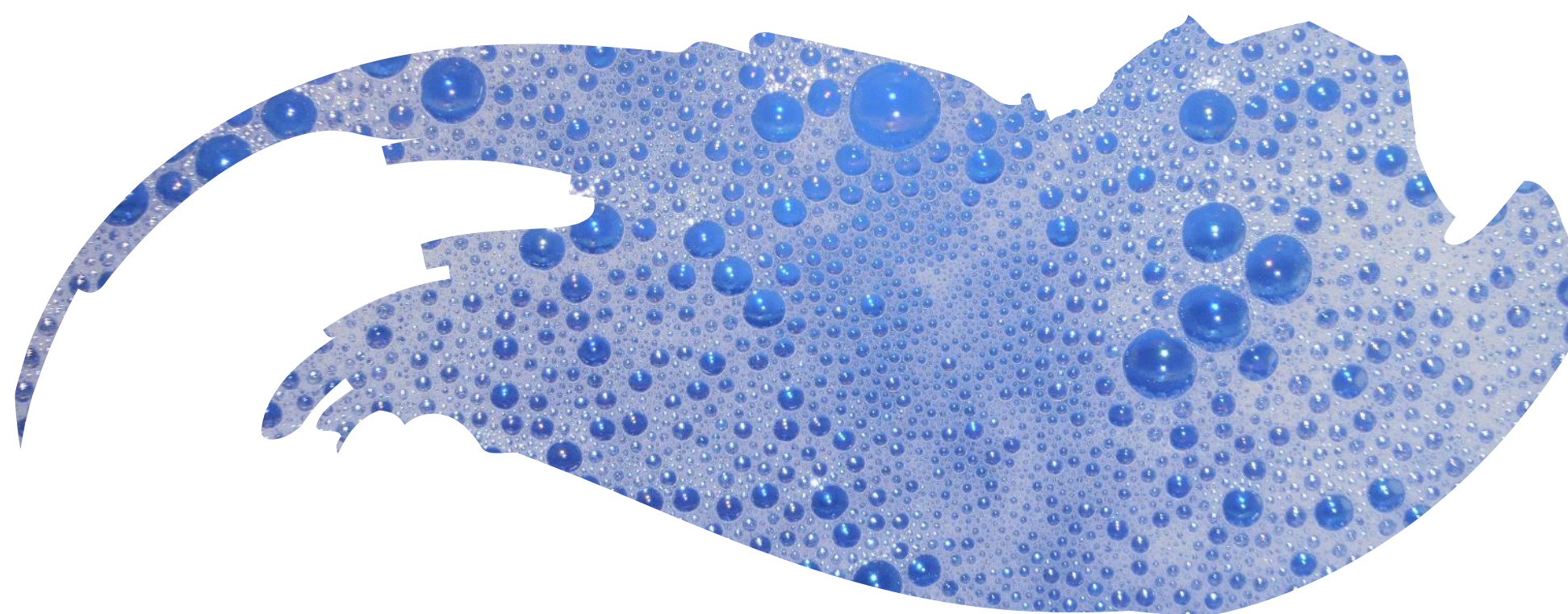
Calming Jars

- Clean a jar or bottle of preference
- Fill the jar or bottle up with warm water about 3/4s of the way
- Add PVA glue until the bottle is just under full (if you don't have PVA glue, just use water)
- Add any glitter/sequins/beads of your choice! If you want to brighten it up, add some food colouring
- You can use your calming bottles to practice both Mindfulness and Meditation



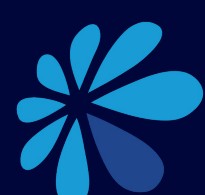
Recycled Bottle Bubble Art

- Cut a plastic bottle (size to preference) in half, keeping the top half (drinking part)
- Using washing up liquid, a dash of water and some food colouring of preference, mix in a bowl big enough for the bottom of your cut bottle
- Dip the bottom half of the bottle into your mixture so you're able to blow some bubbles
- Watch the magic happen on your paper!



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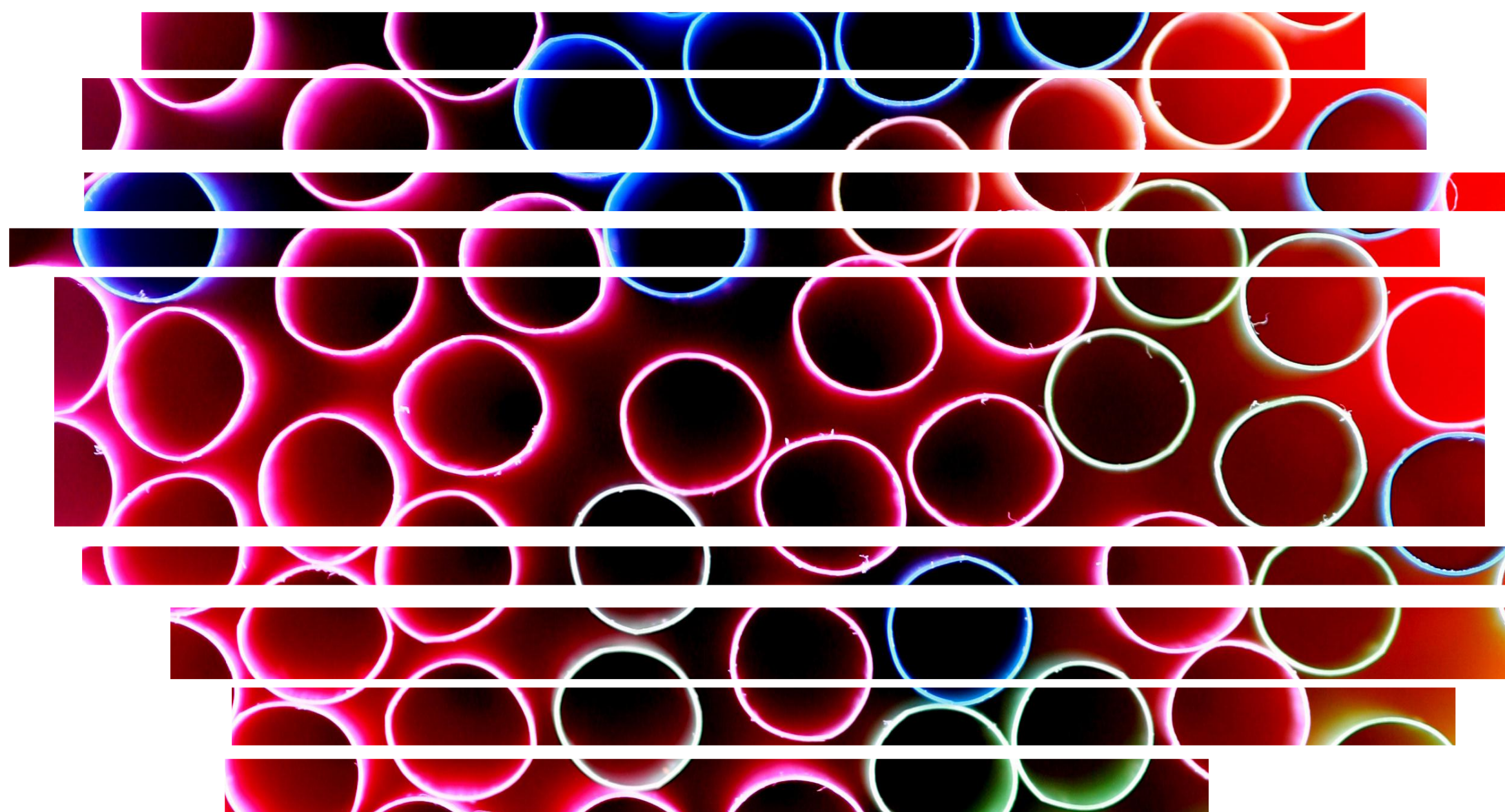
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Straw Blowing Art

- Place a drop of paint onto your paper or picture (add water to your paint to create bigger patterns)
- Take a straw and blow onto the paint leaving around 5-10cm between the straw and the paper
- Use different size straws to alter the pattern



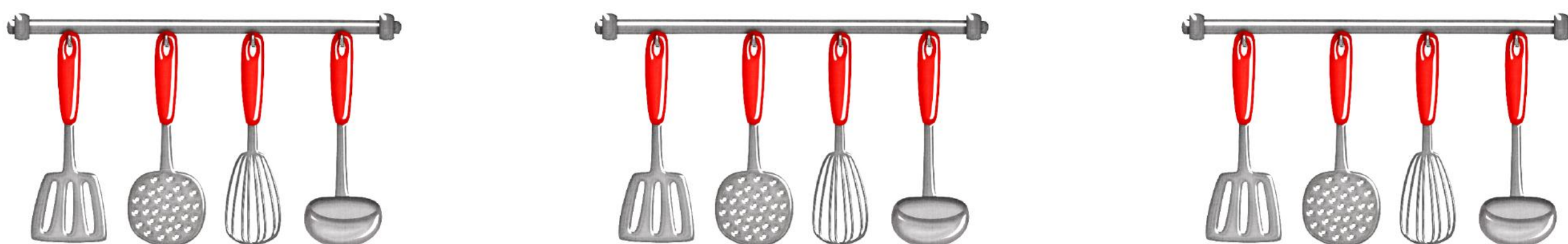
Toilet Role Tube Monsters

- Using your spare toilet roll tubes, you can create lots of different characters!



Kitchen Tool Painting

- Using kitchen utensils to paint is a great way of creating new patterns!



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Yoga/Meditation

Yoga is an ancient Indian practice combining mind and body exercises through a sequence of postures. The series of movements are designed to increase strength, flexibility and breathing to boost both mental and physical well-being.

Standing Postures

Standing postures represent our ability to be grounded and all share a common pattern of energy flow. They're designed to strengthen the thighs, hamstrings, calves, gluts, ankles and feet.

- Mountain Pose (Tadasana)
- Tree Pose (Vrksasana)
- Chair Pose (Utkatasana)
- Triangle (Trikonasana)
- Low Lunge Pose (Anjaneyasana)
- Wide-Legged Forward Fold (Prasarita Padottanasana)
- Warrior 1,2 and 3 (Virabhadrasana I, II, III)
- Downward Facing Dog (Adho Mukha Svanasana)

<https://www.yogajournal.com/poses/types/standing>



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Sitting Postures

Sitting provides a position of stability which helps facilitate opening the body. Sitting postures help to improve flexibility by stretching the legs, back, pelvis and hips.

- Seated Twist (Bharadvajasana I)
- Boat Pose (Paripurna Navasana)
- Lotus Pose (Padmasana)
- Seated Forward Fold (Paschimottanasana)
- Staff Pose (Dandasana)
- Head to Knee Pose (Janu Sirsasana)
- Thunderbolt Pose (Vajrasana)
- Childs Pose (Balasana)



<https://www.yogajournal.com/poses/types/seated-twists>

Partner Work

Partner Yoga helps deepen the impact of a yoga posture with the help of another person's body weight. It assists with alignment, balance, concentration and trust.

- Seated Twist (Parivritta Sukhasana)
- Seated Side Bend (Parsva Sukhasana)
- Seated Forward & Back Bends (Adho/Urdhva Mukha Sukhasana)
- Camel (Ushtrasana)
- Assisted Fish Pose (Salamba Matsyasana)
- Child Pose & Fish (Balasana & Matsyasana)
- Boat Pose (Navasana)
- Supported Wheel Pose (Salamba Urdhva Dhanurasana)

<http://www.fulllotusyoga.com/partneryoga.html>



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Balances

Balancing is a core exercise practiced to strengthen both sides of our body. They help to build strong foundations for any other asana practice, balancing practice is known to support focus, concentration, emotional control and core strength.

- Tree Pose (Vrksasana)
- Eagle Pose (Garudasana)
- Side Plank (Vasisthasana)
- Half Moon Pose (Ardha Chandrasana)
- Dancer (Natarajasana)
- Crane (Bakasana)
- Bound Angle (Baddha Konasana)
- Tip-Toe Pose (Prapadasana)

<https://www.yogabasics.com/practice/pose-type/balancing-poses/>

Inversions

Inversions are practices in which the heart is higher from the ground than the head, anything that is upside-down. Inversions are practised to improve brain function, release neurotransmitters, release endorphins, balance hormones and alter blood flow.

- Forward Fold (Uttanasana)
- Headstand (Sirsasana)
- Shoulder Stand (Sarvangasana)
- Plow Pose (Halasana)
- Knee to Ear Pose (Karnapidasana)
- Bridge Pose (Setu Bandha Sarvangasana) Legs Up Wall Pose (Viparita Karani)

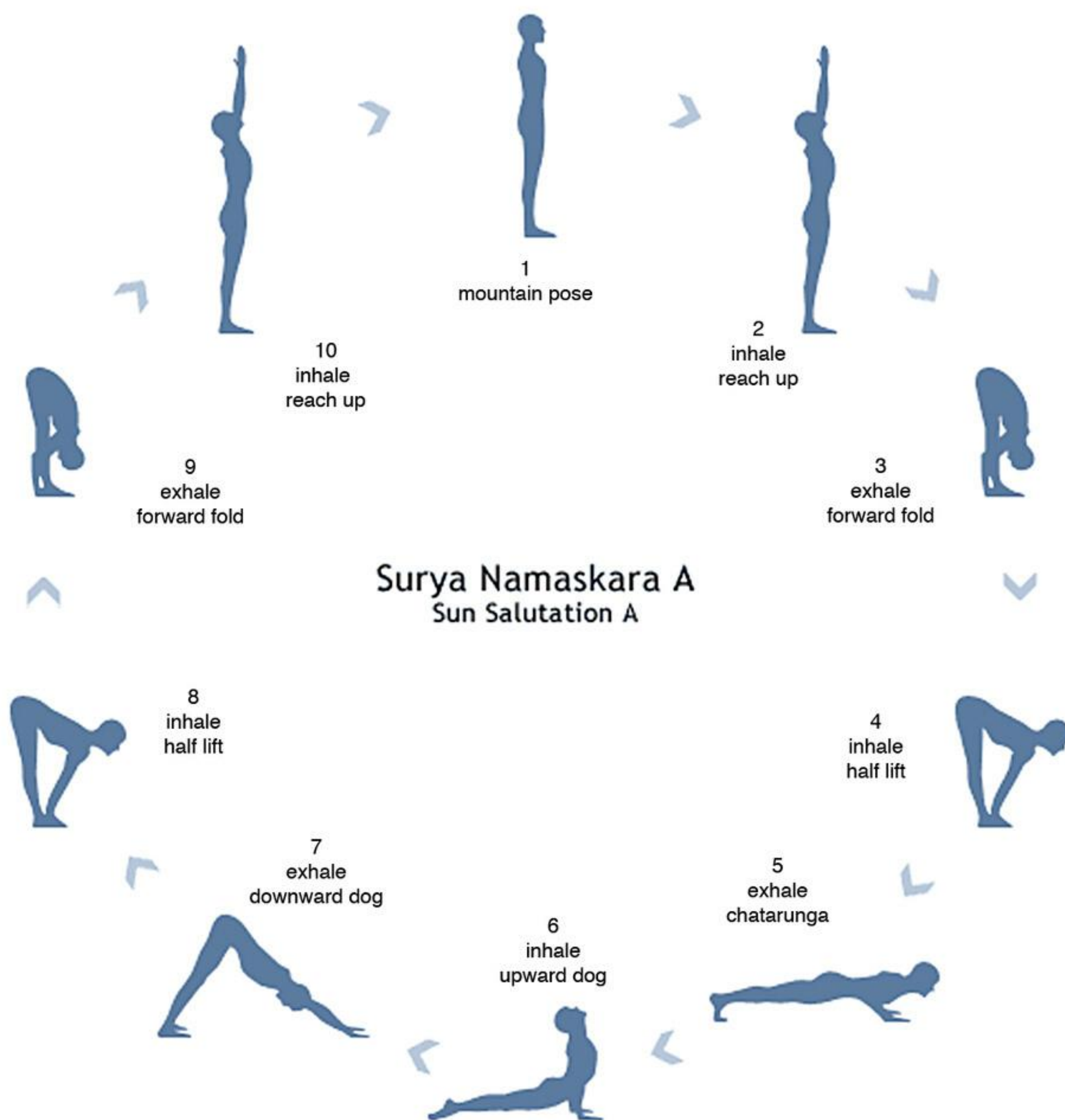
<https://www.yogajournal.com/poses/types/inversions>

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Sun-Salutations

A Sun-Salutation is a sequence of postures performed in a rhythmic flow of movement. They are a fantastic way to energise your body first thing in the morning. Sun-Salutations can improve blood circulation, improve your digestive system, increase healthy lung function and strengthen both joints and muscles.



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Meditation Techniques

Meditation is a practice to train one's attention and awareness to achieve a mentally clear and emotionally calm and stable state of being.

Concentration Meditation

Concentration meditation involves focusing on one specific point. It could be a physical or mental object such as a lit candle, the beat of your heart or the single sound of an instrument.

- Try to focus your attention and energy on that specific sound/object, It is very easy to slip into imaginary thought, but don't be annoyed by your wondering mind, accept it and simply re-focus your attention and awareness again on the sound/object.

Walking Meditation

Walking Meditation is designed to increase your connection between the body and mind. Walking is an established, habituated action for many and learning to use it in a mindful way can help reduce blood pressure and heart rate, create feelings of well-being and optimism, manage stress and provide better sleep.

- Sitting still can be a tricky task for anyone, so walking meditation is a fantastic way to train your body in practice and eventually move into seated/concentration meditation.
- You can practice walking meditation at home, in your garden, or wherever you feel comfortable. You do not have to walk miles for this form of meditation to have an impact. In-fact, it is better done in a smaller space. Take a small stroll wherever you feel comfortable and try to notice everything in vision, walk slowly and try to be thankful and appreciate the things you see that influence positive endorphins. Don't focus too much on anything influencing negative emotions.
- Try to practice the same walk a few times a week and notice any small changes in environment.

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Healthy Recipes

Chicken hummus bowl

Make our healthy chicken and hummus salad bowl for a delicious budget lunch option. It can be thrown together in just 10 mins and delivers three of your 5-a-day. Serves 2 people. Preparation time 10mins.

Ingredients

- 200g hummus
- 1 small lemon, zested and juiced
- 200g pouch cooked mixed grains (we used Merchant Gourmet red rice & quinoa)
- 150g baby spinach, roughly chopped
- 1 small avocado, halved and sliced
- 1 cooked chicken breast, sliced at an angle
- 100g pomegranate seeds
- ½ red onion, finely sliced 2 tbsp toasted almonds

Method

- Mix 2 tbsp of the hummus with half the lemon juice, the lemon zest and enough water to make a drizzly dressing.
- Squeeze the grain pouch to separate the grains, then divide between two shallow bowls and toss through the dressing.
- Top each bowl with a handful of the spinach.
- Squeeze the remaining lemon juice over the avocado halves, then add one half to each bowl.
- Divide the chicken, pomegranate seeds, onion, almonds and remaining hummus between the two bowls and gently mix everything together just before eating

Kcal: 779
Fats: 47g
Sat Fats: 4g
Carbs: 49g
Sugars: 10g
Fibre: 14g
Protein: 34g
Salts: 1g



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Super-quick Sesame Ramen

Rustle up this warming veggie ramen in just 15 minutes. Think of it as healthy fast food – it's low-fat, low-calorie and low-cost as well.

Ingredients

- 80g pack instant noodles (look for an Asian brand with a flavour like sesame)
- 2 spring onions, finely chopped
- ½ head pak choi
- 1 egg
- 1 tsp sesame seeds
- chilli sauce, to serve

Method

- Cook the noodles with the sachet of flavouring provided (or use stock instead of the sachet, if you have it). Add the spring onions and pak choi for the final min.
- Meanwhile, simmer the egg for 6 mins from boiling, run it under cold water to stop it cooking, then peel it. Toast the sesame seeds in a frying pan.
- Tip the noodles and greens into a deep bowl, halve the boiled egg and place on top. Sprinkle with sesame seeds, then drizzle with the sauce or sesame oil provided with the noodles, and chilli sauce, if using.

Kcal: 205
Fats: 7g
Sat Fats: 2g
Carbs: 21g
Sugars: 4g
Fibre: 4g
Protein: 11g
Salts: 0.4g



Orzo & Tomato Soup

Make our simple, budget-friendly tomato, orzo and chickpea soup in just 30 minutes. This easy, vegetarian family meal is healthy and even low fat. Serves 4 people

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped 2 garlic cloves, crushed
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can chickpeas
- 150g orzo pasta
- 700ml vegetable stock
- 2 tbsp basil pesto
- crusty bread, to serve

Method

- Heat 1 tbsp olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more. Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil.
- Reduce the heat and leave to simmer for 6-8 mins, or until the orzo is tender. Season to taste, then ladle into bowls.
- Stir the remaining oil with the pesto, then drizzle over the soup. Serve with chunks of crusty bread.

Kcal: 349g
Fats: 12g
Sat Fats: 2g
Carbs: 45g
Sugars: 9g
Fibre: 8g
Protein: 12g
Salts: 0.6g



Fruity summer Charlotte

An easy and healthy pudding bursting with summer flavour, perfect for a family treat. Serves 4, preparation time 5 and cooking time 15mins.

Ingredients

- 500g summer fruit (we used raspberries, blackberries and blueberries)
- 4 tbsp demerara sugar
- 7 slices from a small cinnamon and raisin loaf (we used Waitrose's Richly fruited sliced loaf)
- 25g butter, softened
- crème fraîche or fromage frais, to serve

Method

- Heat oven to 220C/200C fan/gas 7. Tumble $\frac{3}{4}$ of the berries into a medium baking dish. Whizz the remainder of the berries in a food processor to make a purée, then stir this into the dish along with 2 tbsp sugar.
- Spread the loaf slices with butter, then cut into triangles. Cover the top of the fruit with the bread slices, then scatter with the rest of the sugar. Cover with foil, bake for 10 mins, uncover the dish, then bake for 5 mins more until the fruit is starting to bubble and the bread is toasty. Serve with dollops of crème fraîche or fromage frais.

Kcal: 262g
Fats: 7g
Sat Fats: 4g
Carbs: 47g
Sugars: 33g
Fibre: 5g
Protein: 6g
Salts: 43g



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Pasta Bake

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 400g can cherry or chopped tomatoes
- pinch sugar
- few dashes Worcestershire sauce
- 100g rigatoni or other pasta
- 50g cheddar or gruyere
- 2 frankfurters, sliced

Method

- Heat the oil in a medium pan and fry the onion for 5 mins until softened and lightly golden.
- Stir in the garlic and cook for a further min. Mix in the tomatoes and sugar, bring to the boil and simmer for 20 mins.
- Add a few dashes of Worcestershire sauce and season to taste. This basic sauce can now be chilled or frozen, see recipe intro.
- Meanwhile, cook the pasta according to pack instructions. Heat the grill to high. Mix together the cheese and breadcrumbs.
- Drain the pasta and stir into the sauce. Tip in the frankfurters and spoon into a heatproof dish. Scatter over the cheesy crumbs and grill for 3-5 mins or until bubbling hot and golden. Serve with a simple salad.

Kcal: 501g
Fats: 22g
Sat Fats: 8g
Carbs: 59g
Sugars: 1g
Fibre: 5g
Protein: 21g
Salts: 1.78g



Baked Eggs with Potatoes, Mushrooms and Cheese

Ingredients

- 3 baking potatoes, peeled and cubed
- 1 tbsp sunflower oil
- 600g mushrooms quartered
- 2 garlic cloves, sliced
- 2 tbsp thyme leaves
- 140g cheddar, grated
- 4 eggs

Method

- Heat oven to 200C/180C fan/gas 6.
- Put the potatoes in a pan of water, bring to the boil, cook for 5 mins, then drain. Heat the oil in a large frying pan. Cook the potatoes, mushrooms and garlic for 5-8 mins to soften the mushrooms and brown the edges of the potatoes. Stir in half the thyme and cook for 1 min more.
- Spoon the potato mixture into a baking dish and sprinkle with the cheese and the remaining thyme.
- Make holes in the mixture and break in 4 eggs. Bake in the oven for 12-15 mins until the eggs are set and the cheese has melted

Kcal: 493g
Fats: 22g
Sat Fats: 10g
Carbs: 42g
Sugars: 2g
Fibre: 7g
Protein: 21g
Salts: 0.9g



Easy Sweet & Sour Chicken

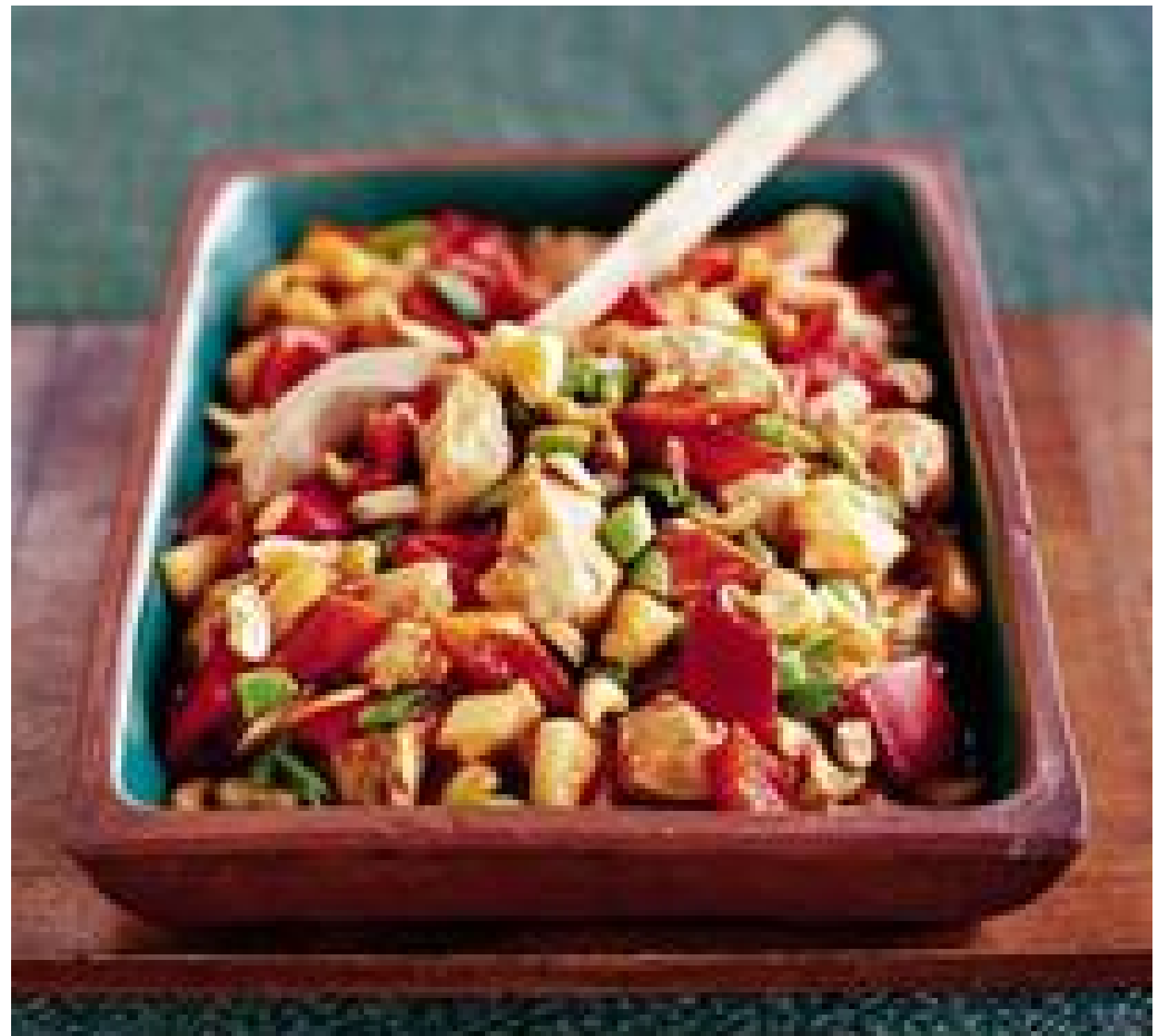
Ingredients

- 9 tbsp tomato ketchup
- 3 tbsp malt vinegar
- 4 tbsp dark muscovado sugar
- 2 garlic cloves, crushed
- 4 skinless and boneless chicken breast, cut into chunks
- 1 small onion, roughly chopped
- 227g can pineapple pieces in juice, drained
- 100g sugar snap peas, roughly sliced
- handful salted, roasted cashew nuts, optional

Method

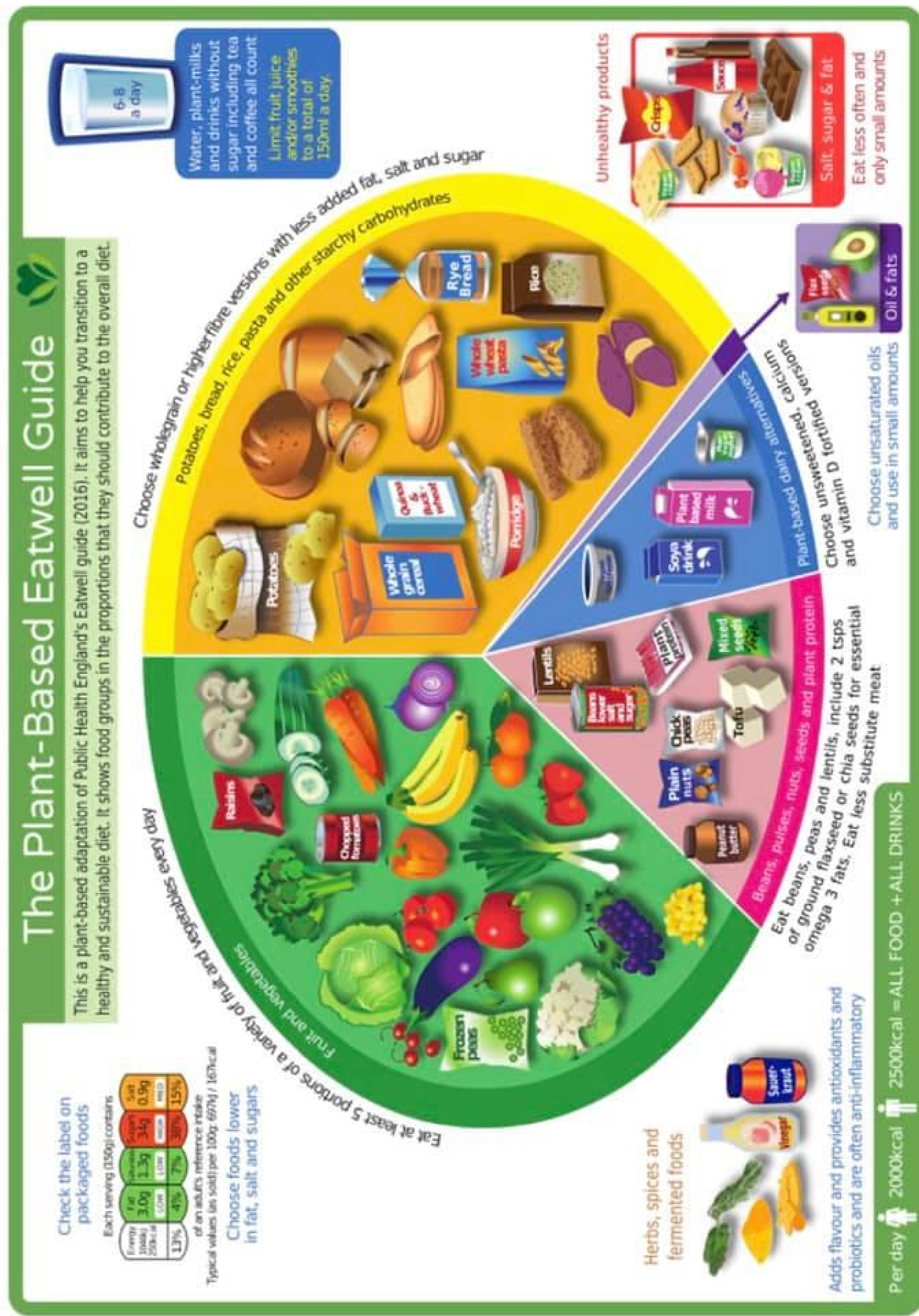
- In a large microwaveable dish, mix the ketchup, vinegar, sugar and garlic thoroughly with the chicken, onion and peppers. Microwave, uncovered, on high for 8-10 mins until the chicken is starting to cook and the sauce is sizzling.
- Stir in the pineapple pieces and sugar snap peas and return to the microwave for another 3-5 mins until the chicken is completely cooked. Leave to stand for a few minutes, then stir in the cashews, if using, and serve.

Kcal: 305g
Fats: 2g
Sat Fats: 0g
Carbs: 38g
Sugars: 23g
Fibre: 2g
Protein: 36g
Salts: 1.63g



Eat well Plate

Eating well and maintaining a healthy diet is a fundamental part of Mental and Physical well-being. Having a balanced diet helps us to maintain a healthy weight and heart, reducing our risk of chronic disease and mental disorders.



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Seated Exercise for Older Adults

Arm Stretch

- Raise your arms until they're straight next to your ears and inhale
- bring your arms back down and exhale
- Repeat 10 times

Heel Raises

- Sit straight up with your heels on the floor
- Hold for 3 seconds
- Repeat 10 times for each leg

Toe Raises

- With your heel on the floor raise your toes as far as you can
- Hold for 3 seconds
- Repeat 10 times for each leg

Leg Raises

- Sit up straight with feet on the floor
- Raise your leg while bending knees until leg is straight
- Repeat 10 times for each leg

Knee Raises

- Sit up straight feet flat on the floor
- Raise your knee up towards your hip
- Repeat 10 times for each leg

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Seated Exercise for Older Adults

Shoulder and Upper Back Stretch (Standing)

- Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
- Place your left hand on your right elbow and gently pull your right arm across your chest.
- Hold for 20 to 30 seconds.
- Repeat with the opposite arm.

Ankle Rotations

- Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
- Repeat with the left foot.

Neck Stretch

- Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
- Don't tip your head forward or backward as you turn your head slowly to the right.
- Stop when you feel a slight stretch. Hold for 10 to 30 seconds. Now turn to the left.
- Hold for 10 to 30 seconds.
- Repeat 3 to 5 times.

Upper Back (Seated)

- Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart.
- Hold your arms up and out in front at shoulder height, with your palms facing outward and the backs of your hands pressed together. Relax your shoulders so they're not scrunched up near your ears.
- Reach your fingertips out until you feel a stretch. Your back will move away from the back of the chair.
- Stop and hold for 10 to 30 seconds. Repeat 3 to 5 times.

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Seated Exercise for Older Adults

Chair Squats

Pretending that you are about to sit down in a chair can strengthen your entire lower body.

- Stand in front of a chair with your feet as far apart as your hips.
- Bend your knees while keeping your shoulders and chest upright.
- Lower your bottom so you sit down.
- Then push your body back up to return to a standing position.

Wall Push Ups

These push-ups can provide strengthening for your entire upper body with a focus on your arms and chest. But you don't have to get down on the floor and worry about being stuck there!

- Stand in front of a sturdy wall, up to two feet away but as close as you need to.
- Place your hands up against the wall directly in front of your shoulders.
- Keep your body straight and bend your elbows to lean in towards the wall.
- Stop with your face close to the wall and then straighten your arms to push your body away from the wall.

Single Foot Stand

This exercise is similar to standing like a flamingo but less dangerous.

- Stand behind a steady, unmoveable chair and hold onto the back.
- Pick up your left foot and balance on your right foot as long as is comfortable.
- Place your left foot down and then lift up your right foot and balance on your left foot

You are aiming to be able to stand on one foot without holding the chair for up to a minute.

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Seated Exercise for Older Adults

Tippy Toe Lifts

You can pretend to be a ballerina while strengthening your legs and improving your balance with this exercise.

- Stand beside or behind a chair or counter and place your hands on the surface for support.
- Push yourself up onto your tippy toes as high as is comfortable and then return back to a flat foot. Repeat.

Snow Wall Angels

Do you remember plopping down on your back in a patch of freshly fallen snow, sliding your arms and legs up and down to form a perfect “snow angel”?

This exercise helps to open up your chest and to decrease that tightness in the middle of your back that develops as a result of looking down. But you don't have to fall on your back in the snow to do this “wall angel”!

- Stand about 3 inches away from the wall and place your head and lower back flat against the wall.
- Put your hands at your sides with the palms out and the backs of against the wall.
- Keeping your arms touching the wall, raise them up above your head (or as high as is comfortable).
- Repeat a couple times to make some beautiful imaginary wings for your angel.

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Five Easy Minutes of Fitness

1

WALK ON THE SPOT

- 40 seconds continuously
- Make sure you raise your arm with opposite leg
- Rest for 20 seconds

2

STAR JUMPS

- 40 seconds continuously
- Rest for 20 seconds

3

RUNNING ON THE SPOT

- 40 seconds continuously
- Make sure you pump your arms
- Rest for 20 seconds

4

SQUATS

- 40 seconds continuously
- Rest for 20 seconds

5

LUNGES

- 40 seconds continuously
- Rest for 20 seconds

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Game/Activities

Topic Run (subject based)

- Have some paper on a wall with some questions (these can be subject based e.g. English, Maths, Science, Geography).
- Get the children to stand on the other side of the room away from the paper.
- The aim is to answer the questions on the wall correctly by writing the answer on the paper.
- This can be against each other, individually or a team game.
- On the word 'Go', give the person a way to move towards the paper (run, hop, skip, jump etc).

Wiggles Workout

Wiggles Workout

This action rhyme works wonders for the wiggles, and it gets youngsters ready to listen!

Stand up tall.
Reach up high.
Nod your head.
Wink your eye.

Clap your hands.
Touch your toes.
Stomp your feet.
Wiggle your nose.

Sit right down.
Hands in your lap.
Ready to listen
Just like that!

Stand.
Stretch arms up.
Nod head up and down.
Wink an eye.

Clap.
Bend and touch toes.
Stomp feet.
Wiggle nose.

Sit.
Fold hands in lap.
Cup one hand to ear.
Snap fingers.



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Animal Races

- Get the children to move around the space like a specific animal (frog, crab, snake etc).
- Give a specific place they must reach (washing machine, sofa, table etc).
- Give them a time limit (30 seconds to reach the door as a gorilla).

Scavenger Hunt

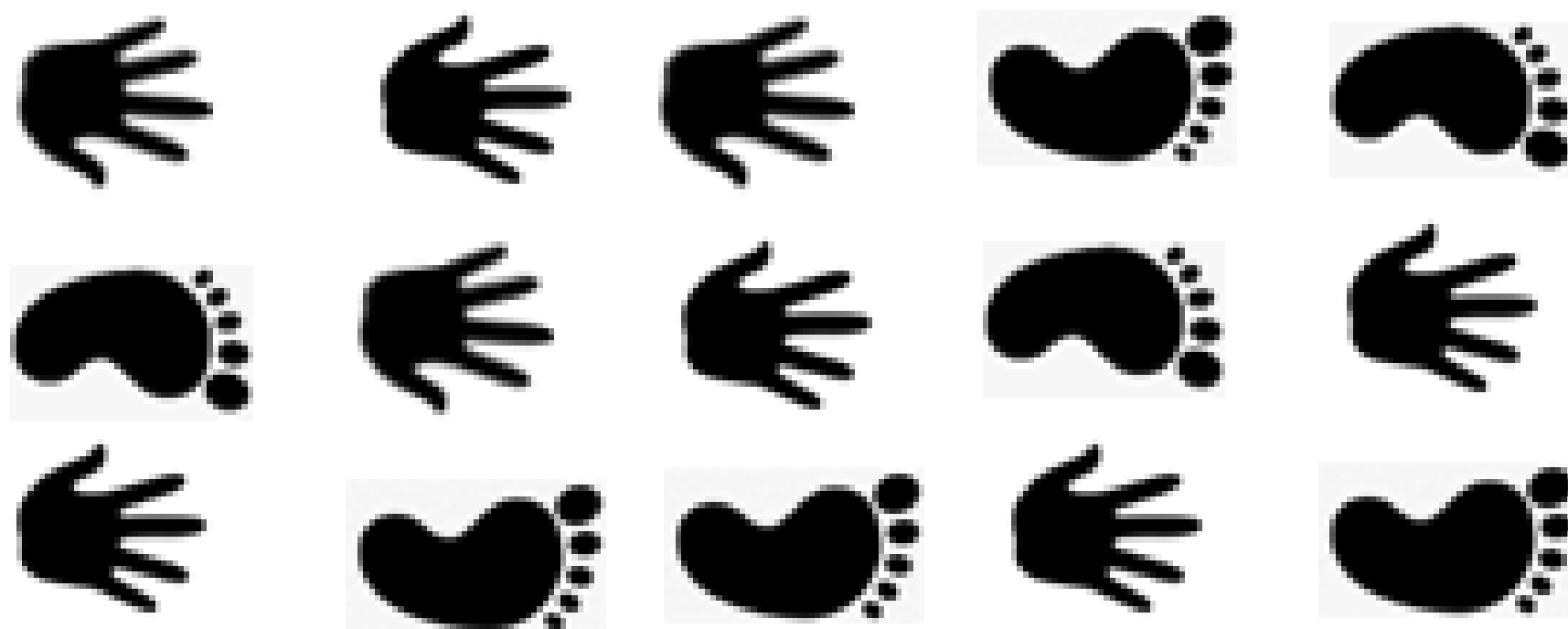
- Put objects around the house, use high and low places as well as hard to reach places.
- Start with easy to find objects (things that are big and easy to grab), then slowly make it more difficult (keys, socks etc).

Hallway Bowling

- Get some empty bottles and put a little bit of water in each.
- Lay them out at one end of the hallway.
- Get a small ball, if you do not have one roll some socks into the shape of one.
- Game is ready to play!

Hand-Foot Coordination Game

- Draw around both hands and both feet on paper (left hand on one-piece etc).
- Make a long column with different combinations e.g. right hand, left foot, right foot. Change it for each row.
- The aim is for the person to get from the bottom of the column to the top without getting the combinations wrong.



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Balance Beam Course

- Use tape and mark out a course around the house.
- The lines must be straight and can have different routes that join back up at different places.
- The person must balance on the line and get to a specific point without falling off the line.

Sticky Note Wall Bop

- Write each letter of the alphabet on a sticky note and stick against a wall or door (if you do not have sticky notes you can use paper).
- Mark out a reasonable distance for the person to throw something against it.
- Either use sponge small ball, a bean bag or a pair of socks.
- Give the person something to spell out, they must hit each letter clearly for it to count.

Bag the Beans

- Mark out 3/4 areas using tape or objects. Ideally you want them to get further away from where the person will stand.
- Using soft objects such as socks, the person must get the sock to land in the marked areas (each area will be worth different points).
- Give them 5 soft objects to throw to start with – if the sock lands in a marked area, the person has the option to run over and ‘bag the points’ or can continue throwing to build them up. If the person doesn’t ‘bag the point’ and misses on the next throw, all points are lost.
- Give the person a time scale.
- Make them have to travel a good distance to ‘bag the points’, maybe put a paper on the other side of the room.

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Noughts & Crosses

- Split into 2 teams
- In teams, one at a time they will run up and throw an object into a square (this can be marked out by clothes if at home)
- The aim is to get 3 in a row before the other team does
- Each team will only use 3 items (once they have been placed pupils must run and change the place of the item to get 3 in a row)
 - **Progression:** Change type of movement

Equipment

- **To mark out the grid you can use:** Clothes, chalk, rope, bin bags
- **Object to throw:** Clothes, teddy bears, soft items

In The River

- Children stand in pairs facing one another with an object between them
- On command children must complete movements to what you are saying:
- "In the trees" – stand tall, arms up on your tiptoes like a tree
- "On the bank" – children crouch down and pretend to sit on the side of a river
- "In the river" – children grab the item before their partner does- Be creative and add any movements you can think of.

Double Delivery

- Children in pairs must transport items from the start line to the finish line
- Children must work together and must use different part of their body e.g. elbow, head, forearms
- They cannot use their hands
- Use different household items to transport

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STAY HOME

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



20 backward leg raises
right leg



20 side leg raises
right leg



20 jumping jacks



20 backward leg raises
left leg



20 side leg raises
left leg

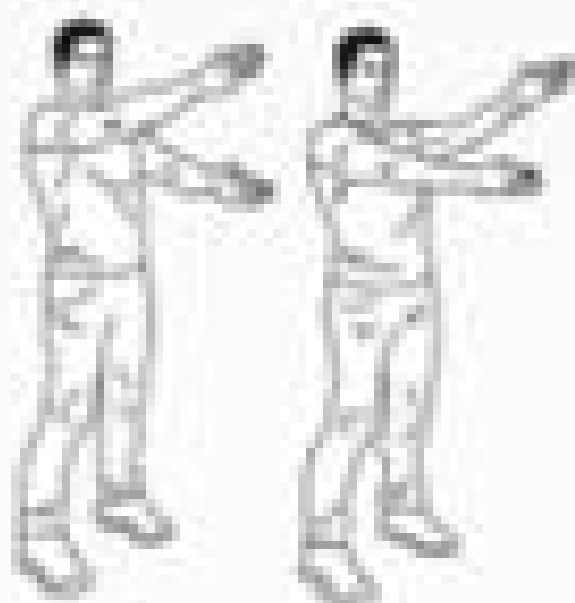
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arms 360

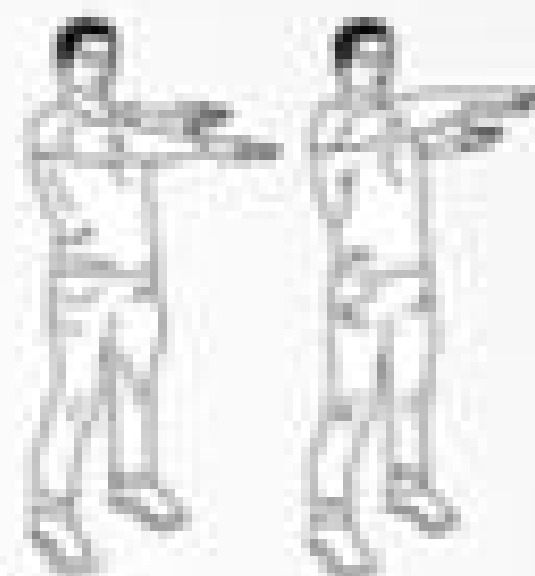
DAREBEE WORKOUT @ darebee.com
repeat 3 times with 1 minute rest in between



5 tricep dips



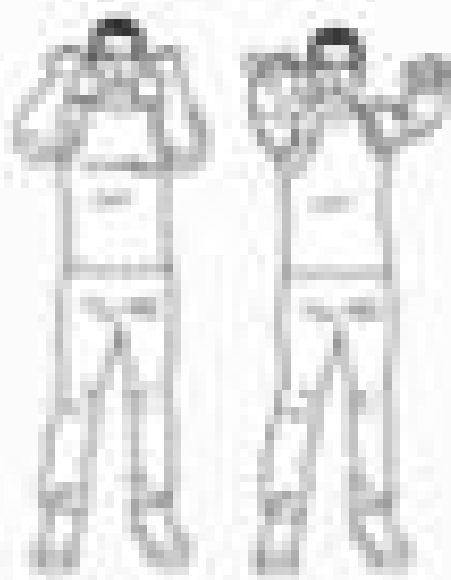
10 arm chops



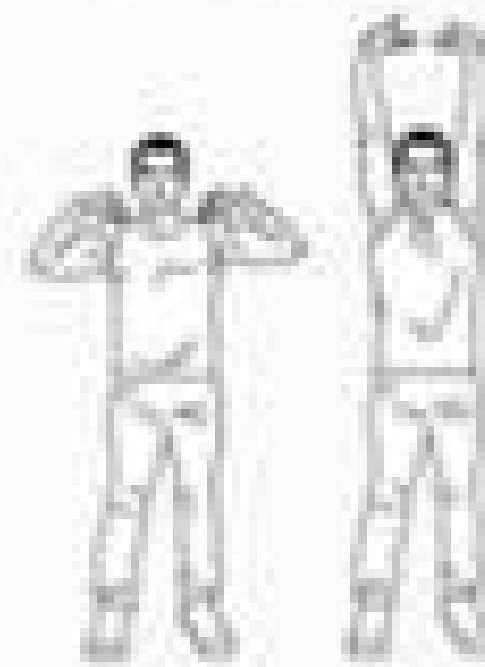
10 arm scissors



5 tricep dips



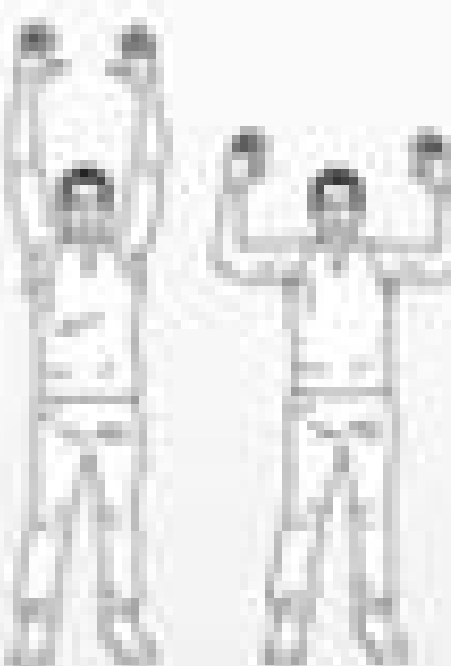
10 bicep extensions



10 shoulder taps



5 tricep dips



10 W-extensions



10 elbow clicks

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SEND/Inclusion Activities

Equipment; Towels, Household Items, Balls, Balloons, Beanbags, Pillows

Any safe equipment can be used for various activities; Blankets and Towels etc.



Bear Hunt

- Hide different objects around your home/garden/space. Think about in cupboards (safe places), under beds, behind sofas, under tables and any other places suitable for your home.
- Objects could be their toys, teddy bears, blankets, or any other safe objects used on a day to day.
- Guide them around the house and give them small clues on where the objects may be (show them the objects before hiding so they are aware of what they are looking for).
- Whoever finds the most wins the round (treats like snacks will help motivate, mainly fruits and the healthier options).

Towel/Blanket Games

Have plenty of space and make sure hazards are clear of the area (tables, chairs, sharp edges etc). Make sure towels are rolled up length ways to prevent any space not being covered.

Tug of War

- Use two towels. Have one placed horizontally along the floor and have children standing either side. Use the other towel and have each child grab one end, towels are very durable, so they are very unlikely to rip (no need to worry). Pulling the towel at each end whoever crosses the towel on the floor loses

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Towel Tag

- Have a towel placed on the floor (if area is big enough you can use two towels). Children are to jog around the towel to try and tag each other on the shoulder. Once tagged they change, and the person tagged is chasing the other.
- Using different movements makes it more fun such walking, fast walking, skipping, jumping, hopping. Children can even explore floor movements such as crawling, dragging, bum shuffling, rolling (if enough space) and more.

Towel Jumping

- Have a towel placed on the floor. Children are to think of different jumps they can make over the towel. Jumps can be;
 - 2 Feet to 2 Feet
 - 1 Foot to 1 Foot (Hopping)
 - 2 Feet to 1 Foot
 - 1 Foot to 2 Feet
 - 1 Foot to the Other Foot
 - Can they High 5 while Jumping?
 - How High can they Jump?
 - Can they tuck their legs up to their chest (tuck jump)?
 - Can they bring their heels to their bum?
 - Can the jump and make different shapes?
 - Split leg Jumps?
 - 180 Turn Jumps?
 - Side to Side Jumps?

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Ski Pull

- Wearing socks and on a flat smooth surface (laminated flooring is best). The child moving must pull the other child along the floor (standing) to the other side of the room).
- Change over and see if children can pull the other child from different positions.
 - Standing
 - Sitting
 - Laying Down
 - On your knees



Towel Balancing

- Lay down some rolled up towels in different areas of the space. They can be scattered randomly or in a shape such as triangles, squares, rectangles or circles and more. Children need to walk along the towels without dropping their foot onto the floor.
- When they are comfortable children can start problem solving. Use the towels to walk on and ask the children to get from point A-B. This could be one corner of a room to the door or a corner to the other corner. They only have two towels and cannot walk on anything but the towels. They work together to get to different points of the room.

Balance Toe Taps

- Using the rolled-up towel. Children are to walk along the towel and balance on 1 foot every 2 steps. When balancing on one foot they are to try and touch their toes. Could be the toe on the floor or the toe in the air.
 - Move their leg around while balancing?
 - How long can they balance for?
 - What other balances can they attempt?
 - Use different legs to work both sides of the body

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Partner Standing

- Both children sitting opposite each other holding either end of the rolled-up towel. Pulling against each other both children attempt to stand up at the same time while still holding the towel (supporting each other by pulling either end).
 - Can they do this and squat?
 - Can they do this and balance?
 - Can they start from different positions?

Towel Toss & Catch

- Have a towel flat out with both children holding each corner of the towel. Using a soft ball or a balloon. Children use the towel to throw the ball in the air like a parachute and try and catch the ball back in the towel.
 - Can they do this 10 times in a row?
 - Can they keep it from hitting the floor?
 - If enough players can you throw it back and forth between players and towels?

Towel Toss Towards a Target

- Using the same base from previous activity. Use the towels to throw a ball or balloon towards a target. Targets can range from chairs, sofas, under tables/goals and umbrellas laid on the floor open.
 - Can they make a game out of it?
 - Move around with the ball in the towel and score against each other?
 - Can they score and move with the ball and pass to each other before scoring?
 - How can you defend and attack?



Other Types of Activities

Balance Types

- Can we balance at home? What types of balances can you do?
- Can we perform different shapes?
- What shapes can you make that include a balance?
- Can we roll or move in a shape?

Jumping Jacks

- Children are moving around the room jumping in different styles.
- There are variety of jumps from; 2-2 (starting on 2 feet and landing on 2 feet)
- hopping
- hopscotching
- Are there anymore that you can think of?
- How long can you do these for?



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Obstacle Course

- Can we set out a course for the children to follow? Can we include:
 - Something to step over
 - Something to crawl under
 - Something to jump on
 - Something to pick up and hold while moving
 - Something that we can hide for the children to find
 - Can we move into each room of the house?

A ball each pupils practice rolling the ball with their hands. Children will be moving around the space with the ball tapping it around the area to move the ball in-between obstacles.

Have the children trying small little challenges with the ball such as;

- Hold the ball and move around the space through the gates (gates can be made up of cans, drink bottles, furniture)
- In between their legs, around their legs. (can they do this sitting on the floor? Sitting on a chair? Standing?)
- Hit the ball against a wall as many times as you can
- Pupils rolling the ball can roll in and out of the obstacles around the house.
- Can you do it faster?
- Time students to see if they can do it faster

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Goal Game

Using any equipment available to try and make a goal at either end of a room. Children are to sit in their own goal and use a ball, pillow or rolled up socks to score a goal

- Children cannot come off their bottom
- Goals scored = 1 point
- If the game is too easy, children can shuffle on their bottoms to find some space to shoot
- If a goal is scored, the conceding team start with the ball
- Using any equipment available to try and make a goal at either end of a room, a balloon will be needed for this game.

Balloon Keep Ups

Children can move around the area to try and keep the balloon from hitting the floor. Children can score a goal using any part of their body (foot, hand, head, shoulder) there is no contact in this game

- How many touches did you take before scoring? Can we take fewer the next time?
- Can we use a smaller balloon? (it is tougher to keep it off the floor)
- How are we going to defend our goal?
- Can we play the game sitting and then standing?
- This game can be done alone or in a group. A balloon will be needed.

Alone:

- How long can you keep the balloon off of the floor for?
- Can we do it while sitting on the floor?
- Can we do it on our knees?
- Can we do it while standing?
- Can we do it while moving?
- How many times did you touch the balloon in 3 minutes? Can we beat it next time?

In a group:

- Holding hands and trying not to move can we work as a team to keep the balloon off the floor?
- How many times did the team touch the balloon in 3 minutes?



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SEND Tabletop Activities

Tabletop Football

- Having 2 people sit at either end of the table using a pair of rolled up socks, have 2 rolled up towels/blankets/sheets on either side of the table as blockades so the ball/socks can only go off at the ends. Rolling or flicking the ball/socks to each end of the table trying to score.
- Scores are made with the ball falling off the table at either end. Players can move their arms to block and defend the ball/socks on their end to stop the other player

Scoring

- Scores can be tallied for each player. Players can move to different sides of the table after each round.

Tabletop Tennis

- 2 Players sitting at either end of the table, have a towel or blanket or anything that makes an obstacle acting as a net in the middle of the table.
- They are to bounce the ball back and forth trying to hit/strike the ball off the table at their partners end.
- Players can catch/stop and bounce the ball or return/strike straight away.
- Points can be tallied for each player.
- Different players can play on either end of the table. Balls can bounce once or twice on either side of the net depending on how challenging you want to make the game.

Target Games

- Using a bucket, plastic bowls or any other target-based objects, lay chairs at the end of the table and have different targets on the chairs.
- Players can roll, throw or bounce the ball towards a target trying to aim for each different one.
- Different targets can have different scoring systems such as Bucket are 1 Points, Plastics Bowls 3 Points and Targets are 5 points.

THIS CAN BE DONE ON THE FLOOR AS WELL AS CHAIRS AND SOFAS.

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Passing the Ball

- Players sitting around any side of the table with everyone having a ball/rolled up socks each (Minimum 3 Players).
- Establish an order of passing before starting the game. Each player has someone to pass the ball to whilst receiving another players ball.
- Players can roll, bounce or throw the ball to their assigned player as quickly as possible.
- Everyone must pass within 3 second intervals to avoid balls hitting each other.
- Once a routine has been established players can attempt to pass at a quicker pace.
- You can also look to bring in more players to the challenge. Encourage to use different passes such one person rolls the ball, one person bounces, and one person throws in the air to the other players.

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Additional Activities

<https://www.thissimplebalance.com/activities-for-kids-at-home/>

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

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