

# Welcome

## to the Be Active Challenge



Active Kids 2016

Eat well • Move well • Live well

Active Kids



Sainsbury's



# About the Be Active Challenge

Sainsbury's Active Kids is all about helping more kids to eat well, move well and live well.

So we've teamed up with ukactive and Premier Sport to create some free and exciting activities to encourage more kids to lead healthier and active lives, whilst having fun on the way.

We've also provided a handy activity tracker to log their daily minutes spent on each activity, and they can record at the end of each week if they are meeting the recommended physical activity levels. Once they've tried them all, you can reward them with a certificate, included in the pack.

Our partners, helping us to keep kids active and healthy



More people  
More active  
More often



## Why get involved?

- Being physically active is great for strengthening kids' bones, muscles and even their hearts.
- To maintain a basic level of health and fitness, kids aged five and over are encouraged to do 60 minutes of physical activity every day – this activity should raise their heart rate.
- Encouraging kids to get physically active at a young age can help them to become healthy and active adults too.
- It's also good for their minds and general wellbeing – increasing energy levels, self-esteem and quality of sleep.

## Five easy ways to get active

- 1 Explore the great outdoors – it's fun, free and keeps kids fit and active.
- 2 Create fun for the family or friends by scheduling active play dates.
- 3 Set a series of mini challenges and even keep a record chart on the fridge. How long they can stand on one foot? How many jumping jacks can they do in a minute?
- 4 Turn up the radio and have a dance-off. It's great for fitness and always puts a smile on everyone's face.
- 5 Heading out and about? Try cycling or scootering. Kids feeling adventurous? Then start racing or timing each other.



## Say 'hi' to hydration

- With 60% of the body made of water, it's important to keep hydrated before, during and after physical activity – preventing dizziness, tiredness and headaches.
- It's recommended that kids should drink between six and eight glasses of water per day, depending on their age.



Try some of our fun activities below to get your kids hitting their daily dose of 60 minutes in no time.





# Be Active Challenge

We've got a load of great ideas to help keep kids active throughout the summer and beyond. Using everyday household items, they're simple to set up, and to play, and they're sure to get kids moving and enjoying themselves in and around the house.

The key skills involved in most of our physical activities are agility, balance and coordination, or the ABCs, and each of our activities has a different emphasis on the ABCs.

## Agility

Agility is the ability of the body to change direction and stop/start quickly whilst maintaining balance.

## Balance

Balance is the ability of a body to remain reasonably steady and stable.

## Coordination

Coordination is the skillful and balanced movement of various body parts to produce an action and generate force.





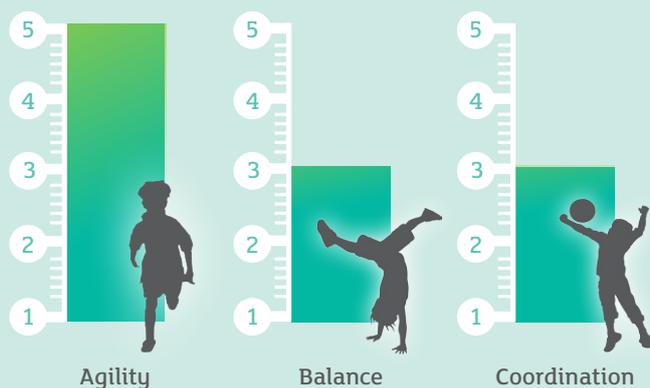
# Yes. Let's

## Movement and repetition

### Activity description

- Suitable for all ages.
- Parents, carers and kids take it in turns to shout out an action. The action should be shouted out using the word 'Let's...', eg 'Let's jump two steps to the left.' The participant then responds, 'Yes. Let's' and begins the activity.
- All activity must be physical. All participants should shout 'Yes. Let's' before the activity can be done.

### ABC Scale



### Top tips

- Start in the 'Ready, Steady, Go' position – wide balance base, surfer stance, balanced and ready to go.
- Think of movements that use different parts of the body.
- Be creative by testing repetition, eg 'Let's jump two to the right, two jumps forward and one to the left'.
- To make it more challenging try and reach a combination of ten movements.
- Always finish back in the 'Ready, Steady, Go' position.
- Great for confidence, listening and improvisation skills.

### You'll need:

a space to perform the activity. They may also wish to play along to music.



# Follow My Lead

## Movement and repetition

### Activity description

- Suitable for all ages – kids move around the room until the nominated leader shouts out one of five commands.
- When they hear this command they must carry out the relevant move until the leader shouts 'Go' and they begin to move around the room again. The five commands are:
  1. Star Jumps – call out 'Star'
  2. Hopping (on one foot) – call out 'Hop'
  3. Jump and Twist – call out 'Twist'
  4. Bear Crawl (on all fours) – call out 'Bear'
  5. Commando Roll (drop to the floor & roll over) – call out 'Roll'.

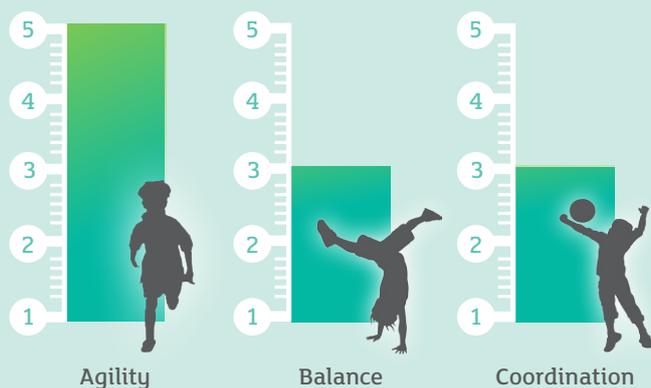
### Top tips

- Great for listening, focus and use of body.
- Create obstacles for kids to move around, eg a chair.
- To mix it up, ask kids to do these, while moving backwards.

### You'll need:

an open space, obstacles or even music to perform to.

### ABC Scale





# Guess Who's At The Zoo

## Movement and flexibility

### Activity description

- Each kid pretends to be their favourite zoo animal.
- Guess which animal they're performing, without making the noise of the animal.
- You can start by doing yours. Here are a few ideas:
  1. Tiger: Stretch-out, on all fours and arch your back
  2. Kangaroo: Big bounces – can you hit your bottom with your feet?
  3. Giraffe: Nice and tall on the balls of your feet, stretching out your neck
  4. Snake: Slither and twist along the floor

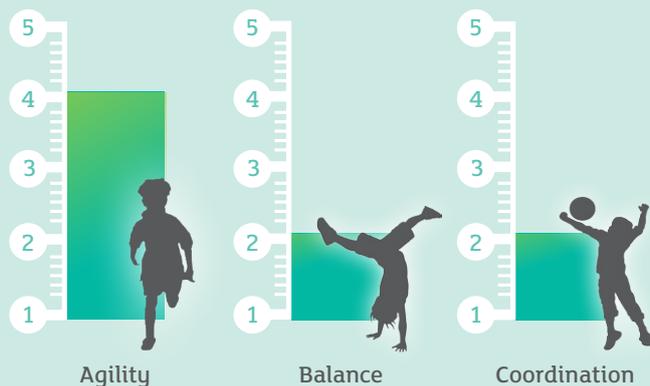
### Top tips

- Look to use props to make it more exciting.
- Combine different animals together to make a dance, eg a snake turning into a tiger.

### You'll need:

space to perform activity.

### ABC Scale



# I Like To Move It, Move It

## Dance

### Activity description

- On pieces of coloured paper, write down six to ten simple dance moves such as a pose, jump, slide, wiggle, hop, pointed feet and so on.
- Pop the cards in a pile face down. Each kid then picks three to five cards and has to create a dance move using only these movements.

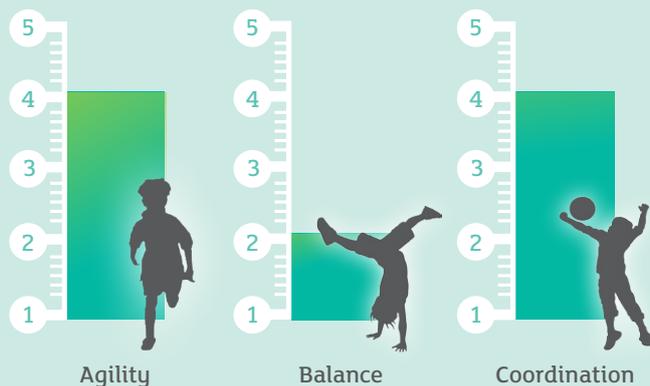
### Top tips

- As they start to find this easier, create more moves and encourage more cards to be taken to create a longer combination of movements.
- Remember to place the cards face down, so the choice is by chance.
- You could even throw some props into the pile next to the cards – like a hairbrush for a microphone.

### You'll need:

card, colouring pencils, space, music and ideas.

### ABC Scale





# Create A Character

## Dance and interpretation

### Activity description

- Kids should pick their favourite character from a book, film or TV show and then think about the activities they did and the way they move.
- Select some music that goes with the character, or that they think would match with the story's themes.
- Let them experiment with different movements and link these with the music. This is also a great drama exercise.

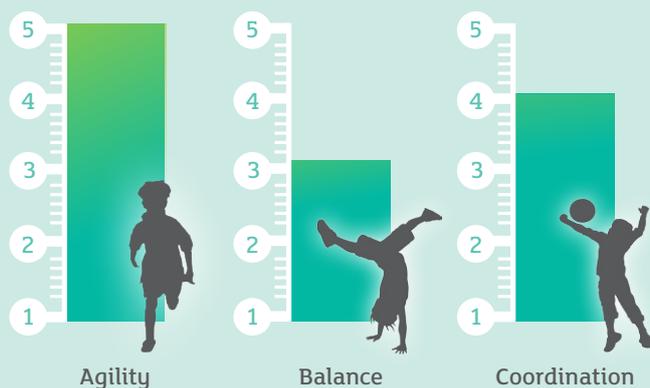
### Top tips

- When repeated a few times, give them the chance to develop new ideas and swap movements, then have a discussion about which was their favourite part of the exercise.
- Let them choose which music is best to accompany their story.

### You'll need:

space to perform the activity, music and a character of your choice.

### ABC Scale





# Balloon Juggler

## Coordination skills

### Activity description

- The idea is to keep as many balloons off the floor as possible using as many body parts as they can.
- The balloons can't be caught and must stay floating in the air at all times.
- After 30 seconds a new balloon should be added.

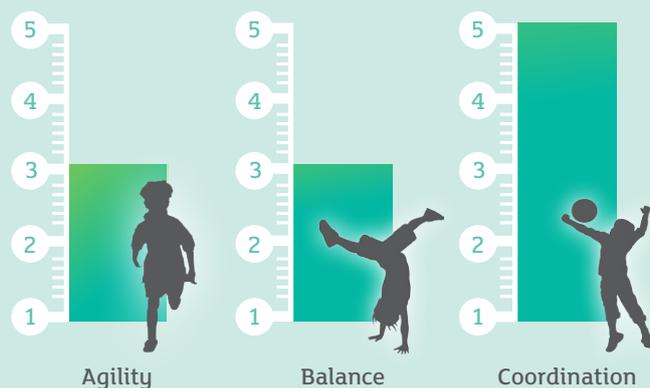
### Top tips

- Maintain a good balanced position with bent knees and a wide base.
- Use quick reflexes and reactions to keep all balloons in the air at once.
- Use the right amount of power and direction to keep the balloons in the air.
- Make it more challenging by removing the ability to use body parts, eg don't use your left arm.

### You'll need:

a pack of multi-coloured balloons of different shapes and sizes.

### ABC Scale





# In The Bag

## Coordination skills

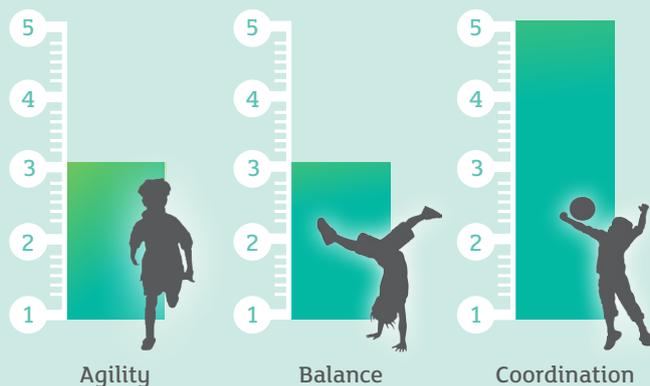
### Activity description

- Can be played individually or with two or more people.
- The aim of the game is to throw a selection of ten various items, empty boxes, bottles, waste paper or toilet rolls, into a bag that is being held by someone on the opposite team, or placed on the floor or a seat.
- The more items caught, the more points scored – more points can be awarded for more complex items.

### Top tips

- Hand-eye coordination – keep an eye on the target.
- Get body position in line with the flight of the item.
- Make the bag or catching target as large as possible, intercepting the flight of the item at its highest point.
- To make this more challenging make the catching target smaller, or change its height.
- Insert obstacles in the room, to get objects under, over or around.
- Could be used for tidying bedrooms.

### ABC Scale



### You'll need:

a range of 10 various items that can be thrown with safety and control, a large shopping bag or box.



# Buckaroo

## Balance

### Activity description

- Played with two or more players, taking turns.
- The aim of the game is to place as many different items of clothing on one player while they are balancing on one leg with their arms out.
- The winning team is the one which has the most items placed whilst balanced. (Each item placed must stay balanced for a minimum of three seconds.)

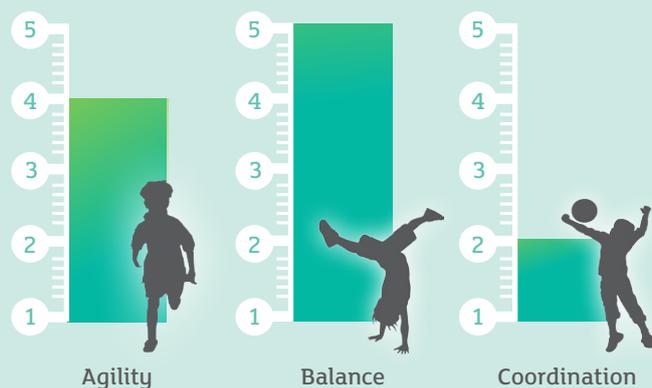
### Top tips

- As balance improves try using heavier objects (not breakable ones).

### You'll need:

a range of various items that can be balanced safely. Such items may include clothing, footwear, accessories.

### ABC Scale





# Washing Line Rally

## Coordination skills

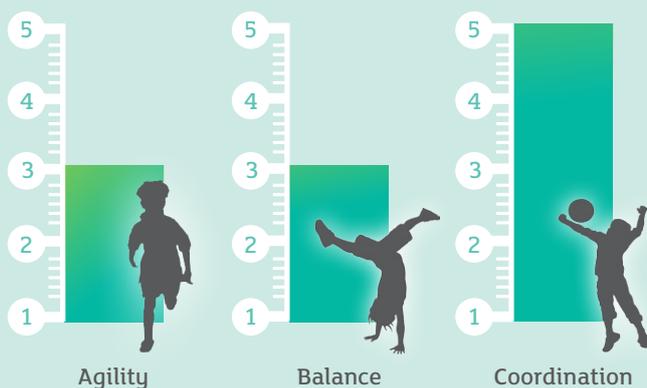
### Activity description

- Played with two or more players.
- The aim of the game is to strike an object over a washing line to a partner, keeping the object off the ground for as long as possible.

### Top tips

- Hand-eye coordination – keep an eye on the target.
- Get a ready body position with bent knees in line with the flight of the object.
- Strike the object in an upward motion to clear the line.
- You can use a balloon, cushion, soft ball or create a ball from tinfoil.
- If you haven't got a washing line, line up two chairs and create an imaginary line.
- To make this more challenging, if anyone drops or doesn't catch the object, then they should get down on one knee, then two knees, then put one arm behind their back. If they catch it they can then make their way back up a stage.

### ABC Scale



### You'll need:

a washing line, a balloon, soft ball etc.



# Crumbs And Crusts

## Speed and agility

### Activity description

- Played with two or more players, acting as either 'Crumbs' or 'Crusts'.
- The aim of the game is for one team to run towards a safety line before the other team 'tags' them.
- A person calls either 'Crumbs' or 'Crusts'. On the call of 'Crusts', the Crusts team must make it to their safety line from the start line, before the Crumbs team are able to tag them.

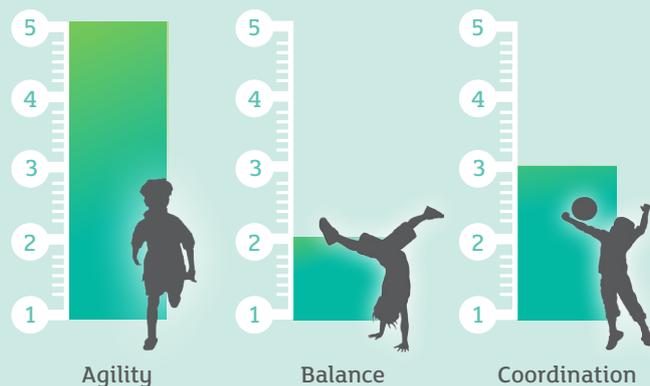
### Top tips

- Get in a 'ready' position to push away from the start line quickly.
- Listen intently to the call to either run or chase.
- Tag using both hands to tap on the shoulders.

### You'll need:

an open space, with one start line in the centre of two safety lines (made using any household items) in a rectangular shape. Or just two designated areas.

### ABC Scale





# Speed Bounce

## Speed and balance

### Activity description

- To be played with two or more players.
- The aim of the game is to jump side to side over a sock or shoe, as many times in a minute.
- The winner is the person who does the most jumps.

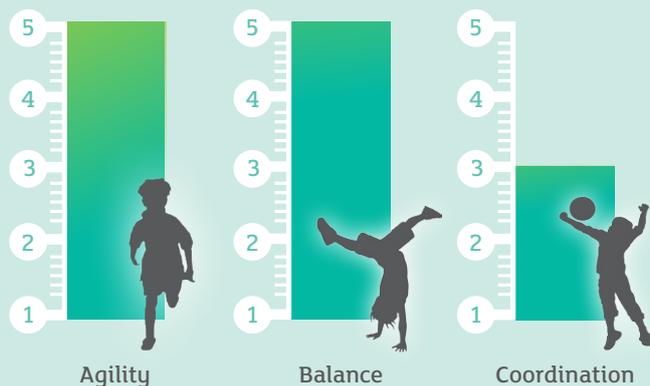
### Top tips

- Keep body position over the socks/shoe to maintain a good rhythm.
- Jump with two feet at the same time.
- To make this challenging you can use objects that are slightly raised off the ground.

### You'll need:

a sock/shoe or anything that's easy to jump over.

### ABC Scale





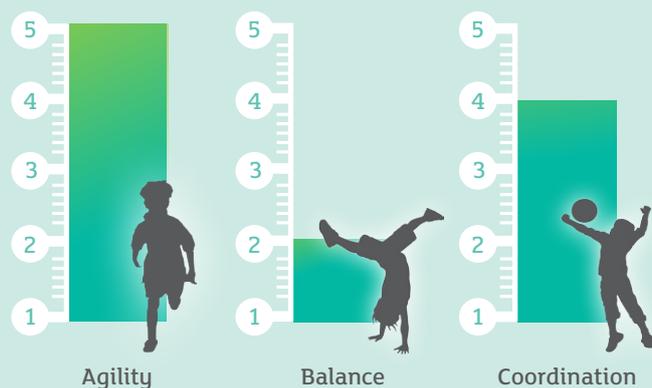
# Noughts And Crosses

## Coordination and speed

### Activity description

- Played with two or more people.
- The aim of the game is to get three O's or three X's in a row.
- Mark out a 3x3 grid using household items such as socks, shoes, tea towels, chalk, tape etc.
- Have a team 'Socks' and a team 'Shoes'.
- Both participants/teams set off from a designated start line and taking turns, they run and place either a sock or shoe into the relevant area. The first person/team to get three in a row wins.

### ABC Scale



### Top tips

- Start in the 'Ready, Steady, Go' position – with a wide balance base, surfer stance, balanced and ready to go.
- Focus on the end line – kids should tactically think of where they will place their next turn.
- Run on the balls of your feet, swinging arms for power and drive.
- You can only carry one item at a time.

### You'll need:

socks and shoes as team markers, household items such as empty bottles, toilet rolls or paper to make the 3x3 grid.

# Be Active Challenge

# My Activity Tracker



My name: \_\_\_\_\_

Week no: \_\_\_\_\_

| Day       | Total minutes I spent being active today | How it made me feel | Number of activities completed |
|-----------|--|---------------------|--------------------------------|
| Monday    | .....                                    | 😊 😐 😞               | ☆☆☆☆☆☆<br>☆☆☆☆☆☆               |
| Tuesday   | .....                                    | 😊 😐 😞               | ☆☆☆☆☆☆<br>☆☆☆☆☆☆               |
| Wednesday | .....                                    | 😊 😐 😞               | ☆☆☆☆☆☆<br>☆☆☆☆☆☆               |
| Thursday  | .....                                    | 😊 😐 😞               | ☆☆☆☆☆☆<br>☆☆☆☆☆☆               |
| Friday    | .....                                    | 😊 😐 😞               | ☆☆☆☆☆☆<br>☆☆☆☆☆☆               |
| Saturday  | .....                                    | 😊 😐 😞               | ☆☆☆☆☆☆<br>☆☆☆☆☆☆               |
| Sunday    | .....                                    | 😊 😐 😞               | ☆☆☆☆☆☆<br>☆☆☆☆☆☆               |

Total minutes I managed to achieve this week: .....

Total number of activities I completed this week: .....

# Congratulations

on being an Active Kid



This is to certify that

.....  
has completed the Be Active Challenge

Ellie Simmonds

Daniel Sturridge

Jonnie Peacock

Lucy Bronze



More people  
More active  
More often



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