



## PE Activities.

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of **moderate intensity** activity a day across the week. This will raise your heart rate, and make you breathe faster and feel warmer. Ideally everyone should aim to do some sort of Physical Activity for 10 minutes in every hour. A good way of knowing you are working at the correct level is you can still talk but cannot sing!!
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.

Examples of moderate intensity (aerobic) activities:

- walking to school
- playground activities
- riding a scooter
- skateboarding
- rollerblading
- walking the dog
- [cycling](#) on level ground or ground with few hills

### **What activities strengthen muscles and bones?**

Examples for children include:

- walking
- running
- skipping with a rope
- swinging on playground equipment bars
- gymnastics
- climbing
- sit-ups, press-ups and other similar exercises
- basketball
- dance
- football
- rugby
- tennis

## Useful Websites.

### Disney 10 minutes shake up activities

<https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=the-incredibles>

### Change 4 life indoor activities

<https://www.nhs.uk/change4life/activities/indoor-activities>

## Queensgate Challenge 10.

Practice and record your scores for each activity.

Try and beat your own score. Maybe have a family competition against your Parents, Grandparents, and siblings.

1. **Balloon ball:** How long can you keep the balloon in the air? On your own? In a pair?
2. **Star Jumps:** How many can you do in 30 seconds?
3. **Catch:** Bounce a ball from one hand to the other and then back again. How many can you do in 30 seconds
4. **Shuttle runs:** Put 2 markers 10 metres apart and run between them. How long does it take to do 10 sprints?
5. **Target Throw.** Get 10 balls/paper squashed into a ball/socks and throw them into a bucket/bin. How many can you get into the basket? If it is too easy move further away.
6. **Speed bounce.** Jump side to side over a line. How many can you do in 10 seconds?
7. **Balance.** How long can you balance on one leg? Don't forget to try standing on your left and right leg.
8. **The Plank.** Start face down balancing on your toes and forearms in a type of press up position. Keeping your back flat hold for as long as possible.
9. **Hopscotch.**
10. **Dance off.** Can you learn a new dance routine? Can you create a cheerleading routine for Queensgate? How many songs can you dance for in a row?