



LET'S GET
MOVING



Hoola-Hoop Activities

Hula Hooping (Normal)

Steps:

1. Start with Hula Hoop around your waist, holding with both hands.
2. Move your hips in a circular motion opposite to the Hula Hoop.
3. Have Fun!

Arm Hooping & Leg Hooping

Steps:

1. Start with Hula Hoop around your wrist, just above your hand.
2. Move your arm in a circular motion opposite to the Hula Hoop.
3. Once you've mastered arm hooping, try leg hooping!
4. Start this with the Hula Hoop around your leg, just above your ankle.
5. Move your leg in a circular motion opposite to the Hula Hoop.
6. Become an arm and leg hooping Pro!

Hoop Skipping

Steps:

1. Start holding the Hula Hoop out in front of you.
2. Using a loose grip, rotate the Hula Hoop toward your feet and move them through the hoop.
3. Once you've done this a couple times try going a little faster and skipping through the Hoop.
4. Change this up by reversing the Hula Hoop and skipping through backward!

Hoola-Hoop Activities

Ring Toss

Steps:

1. Place some balls from your pack or your jumper on the ground in front of you.
2. Take 3 big steps back.
3. Try throw your Hula Hoop over each ball or jumper.
4. Award points for every successful throw.

Call Your Pet

Steps:

1. Start holding your Hula Hoop with an overhand grip (thumb to the sky).
2. As you throw the Hula Hoop, flick your wrist upward toward the sky.
3. Call and clap your pet back to you!



Skipping Rope Activities

VIDEO 1



Activity 1 – Slow Skipping

Steps:

1. Hold the handles of the skipping rope in each hand with your hands by your waist.
2. Let the rope hang down behind you.
3. Swing the rope over your head in a circular motion.
4. When it comes towards your feet jump over it.
5. Go slow, take your time and rest before each skip.

Activity 2 – Slow Skipping with One Leg

Steps:

1. Start off the same as before.
2. This time lift up one leg so you are balancing on the other.
3. Swing the rope over your head in a circular motion.
4. When it comes towards your foot jump over it, try to keep one leg in the air and land on the other foot while keeping your balance.
5. Go slow, take your time and rest before each skip.

Activity 3 – Dice Skipping

Steps:

1. Roll the dice to see what number you get.
2. Now using the rope the same as before, complete the amount of skips shown on the dice.
3. Mix this up between one and two feet.

Skipping Rope Activities

Activity 4 – Limbo

Steps:

1. Use the skipping rope as the limbo bar.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like the wheelie bins.
3. Set the rope at a good height first to start off easy.
4. Walk towards the rope and lean backwards to try walk under the rope without touching it.
5. Try bringing the rope lower to make it harder if you find it too easy

Activity 5 – Bridge

Steps:

1. Use the skipping rope as the bridge.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like a chair
3. Set the rope at a low height first to start off easy.
4. Just like the line jumps try to jump forwards and sideways.

Skipping Rope Activities

VIDEO 2

Activity 1 – Fast Skipping

Steps:

1. Hold the handles of the skipping rope in each hand with your hands by your waist.
2. Let the rope hang down behind you.
3. Swing the rope over your head in a circular motion.
4. When it comes towards your feet jump over it.
5. As soon as you jump over the rope try swing it around again straight away to jump again.
6. Do this as many times as possible without taking a rest. Go as fast as you can comfortably go.

Activity 2 – Fast Skipping with One Leg

Steps:

1. Start off the same as before.
2. This time lift up one leg so you are balancing on the other.
3. Swing the rope over your head in a circular motion.
4. When it comes towards your foot jump over it, try to keep one leg in the air and land on the other foot while keeping your balance.
5. As soon as you jump over the rope try swing it around again straight away to jump again.
6. Do this as many times as possible without taking a rest. Go as fast as you can comfortably go.
7. Try using each foot if you can.

Skipping Rope Activities

Activity 3 – Dice Skipping

Steps:

1. Roll the dice to see what number you get.
2. Now using the rope the same as before, complete the amount of skips shown on the dice.
3. Mix this up between one and two feet.

Activity 4 – Limbo

Steps:

1. Use the skipping rope as the limbo bar.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like the wheelie bins.
3. Try bringing the rope lower this time.
4. Walk towards the rope and lean backwards to try walk under the rope without touching it.
5. Try bringing the rope lower to make it harder if you find it too easy

Activity 5 – Bridge

Steps:

1. Use the skipping rope as the bridge.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like a chair
3. Try bringing the rope higher this time.
4. Just like the line jumps try to jump forwards and sideways.



Skipping Rope Activities

VIDEO 3

Activity 1 - Jumping

Steps:

1. Use the skipping rope to tie both of your legs together.
2. Now try to jump in different directions while keeping your balance.
3. Try to go forwards, backwards and sideways. Mic this up and go in different directions after each jump
4. The better you get at this, try go higher and faster.
5. Remember to keep your balance

Activity 2 – One Leg Jumping

Steps:

1. Lay your skipping rope on the ground in a straight line.
2. Stand at the back of the rope with your toes pointed towards it.
3. Lift up one leg so you are balancing on the other foot
4. Jump over the rope (forward) and then jump back (backwards).
5. Keep going and try to get faster every time.
6. Now stand sideways behind the rope. The outside of your foot should be in line with the skipping rope.
7. Lift up one leg so you are balancing on the other foot
8. Jump over the rope sideways (to the right) then jump back (to the left).
9. Keep going and try to get faster every time.

Skipping Rope Activities

Activity 3 – Dice Jumps

Steps:

1. Roll the dice to see what number you get.
2. Now using the rope the same as before, complete the amount of jumps shown on the dice.
3. Mix this up and go forwards, backwards and sideways.

Activity 4 – Limbo

Steps:

1. Use the skipping rope as the limbo bar.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like the wheelie bins.
3. Try bringing the rope lower this time.
4. Walk towards the rope and lean backwards to try walk under the rope without touching it.
5. Try bringing the rope lower to make it harder if you find it too easy

Activity 5 – Bridge

Steps:

1. Use the skipping rope as the bridge.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like a chair
3. Try bringing the rope higher this time.
4. Just like the line jumps try to jump forwards and sideways.

Skipping Rope Activities

VIDEO 4

Activity 1 – Line Jumps

Steps:

1. Lay your skipping rope on the ground in a straight line.
2. Stand at the back of the rope with your toes pointed towards it.
3. Jump over the rope (forward) and then jump back (backwards).
4. Keep going and try to get faster every time.
5. Now stand sideways behind the rope. The outside of your foot should be in line with the skipping rope.
6. Jump over the rope sideways (to the right) then jump back (to the left).
7. Keep going and try to get faster every time.



Skipping Rope Activities

Activity 2 – One Foot Line Jumps

Steps:

1. Lay your skipping rope on the ground in a straight line.
2. Stand at the back of the rope with your toes pointed towards it.
3. Lift up one leg so you are balancing on the other foot
4. Jump over the rope (forward) and then jump back (backwards).
5. Keep going and try to get faster every time.
6. Now stand sideways behind the rope. The outside of your foot should be in line with the skipping rope.
7. Lift up one leg so you are balancing on the other foot
8. Jump over the rope sideways (to the right) then jump back (to the left).
9. Keep going and try to get faster every time.

Activity 3 – Dice Line Jumps

Steps:

1. Roll the dice to see what number you get.
2. Now using the rope the same as before, complete the amount of jumps shown on the dice.
3. Mix this up and go forwards and backwards, sideways and witch between one and two feet.

Skipping Rope Activities

Activity 4 – Limbo

Steps:

1. Use the skipping rope as the limbo bar.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like the wheelie bins.
3. Try bringing the rope lower this time.
4. Walk towards the rope and lean backwards to try walk under the rope without touching it.
5. Try bringing the rope lower to make it harder if you find it too easy

Activity 5 – Bridge

Steps:

1. Use the skipping rope as the bridge.
2. Ask your family to get involved, they can hold the rope. Or if you want to play by yourself, tie the rope onto something at home. Like a chair
3. Try bringing the rope higher this time.
4. Just like the line jumps try to jump forwards and sideways.

Tennis Ball Activities



BOUNCING AND CATCHING

Activity 1 – Bouncing and catching

Steps:

1. Hold the ball in one hand and bounce it on the ground and try to catch it with both hands.
2. When you get the hang of this start catching it with one hand. Then try switching the hand you catch with each time.

Activity 2 – High Bouncing

Steps:

1. Hold the ball in one hand and bounce it on the ground really hard. You want the ball to bounce as high as possible.
2. Don't worry about catching the ball, just get some practice throwing it off the ground to get it to bounce really high

Activity 3 – Wall Bounce

Steps:

1. Find a wall outside and stand facing it. Make sure there is plenty of space around you and nothing that can get broken.
2. Throw the ball towards the wall so that it bounces on the ground first and then hits the wall and comes back to you.
3. Try to catch the ball when it comes back to you

Tennis Ball Activities

BOUNCE CHALLENGE

CHALLENGE 1

How many times can you bounce the ball without stopping??

Time yourself and see how many bounces you can do in 30 seconds.

CHALLENGE 2

Use your tennis ball like a basket ball.

Bounce the ball and try to continuously bounce it without catching it.

Use the palm of your hand to slap the ball as it comes off the ground to keep it bouncing.

Tennis Ball Activities

JUGGLING

Step 1 – Start with 1 Ball

1. Pass the ball between both hands, side to side.
2. Start off slowly and try to get faster each time. Catching the ball between the passes is most important.
3. Once you get used to this, start to throw the ball a bit higher between each hand.
4. Make sure you get lots of practice

Step 2 – The Pattern

Steps:

1. Get used to the juggling pattern using one ball.
2. Hold the ball in one hand and throw it into the air. (not too high)
3. Catch the ball with the other hand and pass it back to the starting hand.
4. Get lots of practice doing this and always work on getting faster.



Tennis Ball Activities

JUGGLING CHALLENGE

Juggle as fast as you can using two balls

Use the same steps for juggling with one ball.

When you throw one ball in the air, pass the second ball into your throwing hand so your catching hand is free to catch.

Start off slowly and get used to it, then pick up speed

BONUS CHALLENGE

Find a wall outside and make sure you have plenty of space.

Throw the ball against the wall, catch with the opposite hand and pass back to the starting hand – just like the juggling pattern.

When you're ready, add the second ball and see how long you can go without stopping.

Tennis Ball Activities

TARGETS

Activity 1 – Rolling

1. Find some empty bottles or cans around your house.
2. set them up on the ground outside. Leave a space between each one so you can aim for one at a time.
3. Take a few steps back face the bottles.
4. Using your tennis ball, roll. It towards one of the bottles to try and knock it over.
5. Try moving closer or further away to make this easier or harder.
6. Try using both hands to see which one you hit the most targets with.

Activity 2 – Underhand Throwing

Steps:

1. Set the bottles up the same as the last time.
2. Step back a bit further this time.
3. Hold the ball in one hand and throw towards the bottles.
4. Use an underhand throw. This is similar to rolling. Bring your arm backwards (by your waist) first, as you're moving it forwards, release the ball in the direction of the bottle.
5. Try moving closer or further away to make this easier or harder.
6. Try using both hands to see which one you hit the most targets with.

Tennis Ball Activities

Activity 3 – Overhand Throwing

Steps:

1. Set the bottles up the same as the last time.
2. Step back a bit further this time.
3. Hold the ball in one hand and throw towards the bottles.
4. Use an overhand throw this time. Bring your arm backwards (beside your head), as you're moving it forwards, release the ball in the direction of the bottle.
5. Try moving closer or further away to make this easier or harder.
6. Try using both hands to see which one you hit the most targets with.
7. You can also put the bottles on an outside table or a wall to try and hit targets at different heights

Activity 4 – Bowling

Steps:

1. Try to collect 10 bottles or cans,.
2. Set them up as shown here.
3. Take 5 big steps back from the bottles.
4. Using your tennis ball, practice your rolling and different throws and see how many bottles you can knock over.
5. See how many tries it takes you to knock them all over



Tennis Ball Activities

BOWLING CHALLENGE

Can you strike out?

A strike in bowling is when you knock over all of the pins at once. Try this with your tennis ball and bottles

Set up your bottles like the last activity.

Roll the tennis ball towards the bottles and try to knock them all over with one roll of the ball.

Racket & Ball Activities

TARGETS

Activity 1 – Bouncing

1. Put the ball on top of your racket.
2. Now, flick the ball up into the air and try to control and bounce it with the racket as it lands.
3. Keep doing this to see how many you can get.
4. Try switching hands and try bouncing it higher as you get more practice.

Activity 2 – Egg and Spoon

Steps:

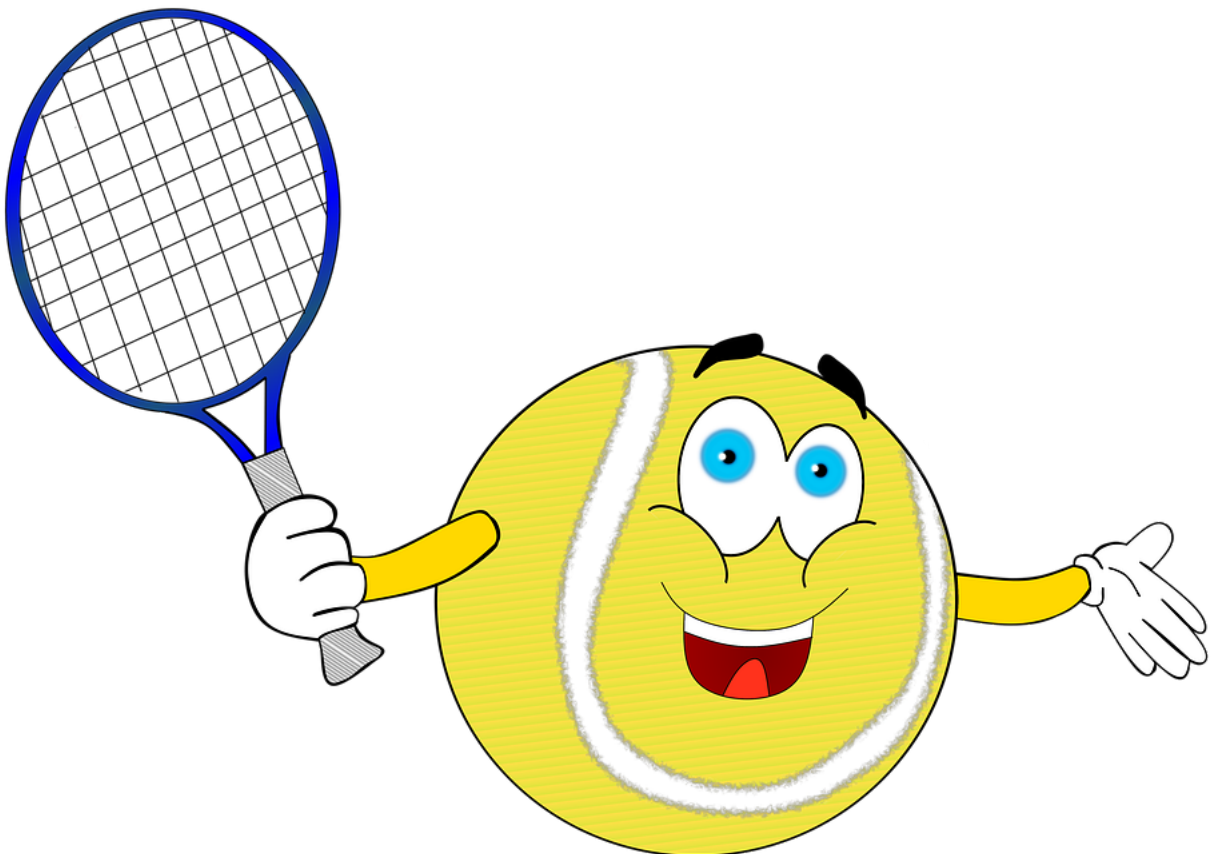
1. Use the skipping rope from your pack and stretch it out across the ground.
2. Balance the ball on the racket and hold it like you would in an egg and spoon race.
3. Your starting line is the start of the skipping rope.
4. Now try to follow the path of your skipping rope while balancing the ball on the racket.
5. Make different paths with the rope, with more bends in it and see if you can go the full way.
6. To make it harder you can follow the rope path while trying to bounce the ball like the last activity.

Racket & Ball Activities

Activity 3 – Wall Ball

Steps:

1. Find a wall outside and stand facing it. Make sure there is plenty of space around you and nothing that can get broken.
2. Now using your racket, hit the ball towards the wall and then catch it. In your hand.
3. Keep doing this and try to get faster every time.
4. When you get lots of practice try to hit the ball off the wall with the racket and then try to control it on the racket.
5. Now for the hard part. Hit the ball against the wall with the racket, when the ball comes back to you, try to hit it against the wall again with the racket. See how many you can do without stopping.



Tennis Ball Activities

WALL BALL CHALLENGE

What's Your High Score?

Count how many times you can hit the ball off the wall without losing control.

Set up to play wall ball like the last part of the wall ball activity.

Get lots of practice before you record your challenge attempt