

30 days of Movement ideas



Using different movements eg hopping, skipping, galloping etc Play musical bobs and statues with your family.	Throw and catch a ball with a friend. Bounce off a wall. Bounce off the ground. Play follow the leader	How many times can you bounce a ball? How many times can you catch a ball? How high can you throw and catch it?	10 star jumps Touch your toes ten times Jog on the spot raising your knees high 20 seconds	Create an obstacle course.eg under the table through the chairs etc How many different movements can you do around the course?	Dribble a ball around cones or obstacles. Set out 3 markers : Dribble a ball to the first marker and back second marker and back third marker and back. Change hands. Walk backwards dribbling.
Throw bean bags or pegs into hoop / pots. How far can you throw?	Jump between the hoops. Leap over the hoops.	How many times can you hop on one foot? Left ? Right? Eyes closed	Roll two die add the numbers together and jump the number.	Roll two die add the numbers together and hop / skip the number.	Make alphabet letter shapes with your body.
Dance and move to music. Keep your movements strong and repeat each movement 6 times before you change.	Fly a kite Go for a walk Paint a fence with water Hang clothes on the washing line	How would a rabbit move? How would a crab move? Lizard crawl under a table. Bear walk. Kangaroo jump. How many different animal moves can you do ?	Create shapes with your body to music. Play follow the leader Play with Balloons Dance with scarves to music	Investigate your favourite sportsman/ woman. What do they play? What training do they need to do?	Put on any genre of music and move the way it makes you feel eg skip, jog glide, zoom, slow, fast, robotic, bounce etc.
Hop over bean bags. Roll ball around body while sitting or kneeling. Walk on toes on a plank.	Pencil rolls on a mat or the lawn. Seal rolls. Roll yourself down a hill run back up to the top and repeat x 3	Make stations with different movements at each one and rotate round every 5 minutes. Eg	Star jumps in a hoops. Jump side to side over a rope or stick. Find a step to go up and down 10 times	20x Jump squats 30 second Elbow plank hold. Repeat x3 20 seconds Run fast 5x Push ups Repeat x3	Play a relay game with your family Kick a ball to each other
Run like a robot Chase a butterfly (but don't catch it!)	Sweep paths or rake leaves Collect some rubbish	Create an obstacle course in your backyard. Bike ride around. Time yourself around the circuit.	20x Jump squats 30 second Elbow plank hold. Repeat x3	Cosmic Yoga https://www.youtube.com/user/CosmicKidsYoga GoNoodle https://www.gonoodle.com	20x Star jumps 10x Quad (thigh) stretches Repeat x3