

# JERSEY SPORT

## KEEPING OUR CHILDREN

### ACTIVE AT HOME



#### **Overview:**

With the closure of schools, Jersey Sport has endeavoured to compile a simple and quick ‘how-to’ guide to keep the island’s young people active when being schooled at home. These activities will be useful when ensuring the avoidance of sedentary behaviour during the ‘home-schooling’ period and in offering a welcome break and some fresh air. The remit of these activities was to keep them simple, fun, engaging and manageable for both children and parents / guardians. Our most important advice would be to, if possible, get outside and walk / run around but if that isn’t possible, hopefully our below games and activities can be implemented by all – regardless of the space at your disposal!

#### **Balance Games:**

Balance is a fundamental skill incorporated by a high number of sports. It is what we call an ‘enabler’ as it is often the starting point or base that allows more complex skills to be executed. Take kicking for example...without an adequate level of balance, we would not be able to stand on one leg and kick with the other. Luckily for us, balance is quite easy to improve upon! Below are some examples of activities that you / your child can do together to work on this skill.

#### **Quick Coaching Tips:**

1. Focus on a fixed object when balancing
2. Try to keep your body tense
3. Use your arms to help yourself!

[Kids Ninja Balance Workout to improve balance and build strength - feat Rutledge Fitness on YouTube](#)

[3 Simple Balance Exercises For Beginners on YouTube](#)

## **Co-Ordination Games:**

Sitting inside and not partaking in regular activity will lead to regression of your child's levels of co-ordinations. Co-ordination is more than simply 'hitting or catching a ball' as it also relates to how we control and manoeuvre our body. Below are some simple activities that can help to stimulate and keep improving your levels of both body and hand-eye co-ordination. The shape or size of the ball doesn't matter for hand-eye co-ordination activities – even some tightly crumpled up paper or tin foil will more than suffice! If you can encourage your child to use both sides of their body during these activities, then they will see an even bigger benefit!

### *Quick Coaching Tips:*

1. Keep your eye on the ball
2. Make your catching zone as big as possible
3. Don't snatch at the object!

[Exercises that improve your child's coordination on YouTube](#)

[Improving your child's fine motor and gross motor skills on YouTube](#)

[Fitness for Kids - Coordination Exercises on YouTube](#)

## **Flexibility Games:**

Our muscles are at the greatest risk of suffering during a sustained period of sedentary behaviour. We are at the peak of our flexibility powers during our childhood. However, just like a car, if we don't service them regularly, their powers lessen – especially in the case of boys! Below are some fun and engaging games which are easy to do. Don't worry about looking silly – you're looking after your body!

### *Quick Coaching Tips:*

1. Breathe out as you stretch
2. Don't hold a stretch that hurts
3. Release a stretch slowly

[Jaime's Brain Breaks | 9. Sit and Stretch on YouTube](#)

[9 Min Exercise For Kids - Home Workout on YouTube](#)

[Count to 10 | Stretch and Count | Stretching Song for Children | Patty Shukla on YouTube](#)

[Count to 100 Song for Children | Counting to One Hundred and Stretching | Patty Shukla on YouTube](#)

**All Encompassing Fun Games:**

We understand that parents / guardians are very likely to be busy working from home in some instances too. Therefore, the below activities are less development focused and more 'fun' based. They can all be adapted for any age – you could even give it a go with your family!

[Do the Bear Walk \(Gross motor/Balance/Coordination/Self Regulation/Brain Break\) on You Tube](#)

[Match the Pattern Game Foot and Hands Pattern on You Tube](#)

[50 Minute to Win It Games for Kids on YouTube](#)

[27 Fun and simple cardboard DIYs for kids on YouTube](#)

[15 Funny games to play only with pen and paper on YouTube](#)

[Kids minute to win it games on YouTube](#)

[Easy Kids Choreography - \(Hip Hop Dance Tutorial AGES 4+\) on YouTube](#)

[Exercises for different parts of the body, Jumping, Stretching, Aerobics, Funny Game for Kids on YouTube](#)

[9 Min Exercise For Kids - Home Workout on YouTube](#)