

CREATE EXPLORE CONNECT

0-19 Early Help Service Activity Resource Pack

SPORTS & FITNESS



SPORTS & FITNESS

Activity Resource Pack

This resource pack offers ideas and activities to engage your child in Positive Activities at home.

We have several PDF resources packs to choose from as well as this one:

Music and Radio

Arts & Crafts

Performing Arts

Health & Wellbeing



All are FREE to downloadable from the www.barnetyouth.uk website. Just follow the instructions and let us know how you get on by sharing your creations with byes@barnet.gov.uk

Age Categories

The resource pack is divided into age categories:

Under 5s, 6-11yrs, 12-15yrs & 15+



Make sure you warm up and stretch before & after any exercise



Some activities you may need equipment. Look out for this symbol



Things to think about to keep yourself safe!

DID YOU KNOW?

We provide online sessions to get young people talking!

Check out www.barnetyouth.uk or to sign your child up and find out more email:

byes@barnetyouth.uk

UNDER 5S

Sports & Fitness Activity Resource Pack

Infants

birth to 24 months

It is important to encourage movement several times a day with your baby, it will allow for the development within movement, build strength, balance and a multitude of other key functions that will stimulate your child.



Tummy Time

Place your baby on their tummy from 2 months onwards, at some point baby will try to lift and turn their head and will also push up on their forearms to look around.

Your child will be naturally curious within the environment and items surround them particularly the bright and colourful toys. Baby play and exercises several times a day either structured with your interactions which encourages bonding or unstructured allowing for baby to explore the localised area independently with your supervision.

The bicycle exercise

Place baby on their back, take your babies feet or lower part of



the legs. Gently move babies alternately, push one leg towards the chest whilst gently stretching out the other as though riding a bike. Do this for 3 sets, then rotate the direction of legs with the same movement.

Exercising Grip

Place baby on their back, hold two index fingers. When baby grabs your fingers, wait until your baby grips tight then carry out a series of manoeuvres, circling hands, move fingers up and down then side to side. this will rotate babies arms along with encouraging grip.



Baby Yoga

It is never too soon to start Yoga Baby will copy you so start with basic positions such as the cat, downward dog, the butterfly and many more!

LINKS:

The bump:

<https://www.thebump.com/a/baby-exercises#4>

Explore Parents:

<https://www.parents.com/baby/development/physical/4-exercises-to-help-baby-get-stronger/>

Greatist Yoga Poses:

<https://greatist.com/move/common-yoga-poses#intermediate>



Early Years age 2 - 5 years

Toddlers whizzing about and in to everything and anything still require exercise through 30 minutes of structured physical activity each day as a minimum. This will encourage development of movement, balance and flexibility. This can be done either indoors or outdoors areas.



Investigating Nature

- walking
- climbing trees
- walking walls
- Jumping puddles
- chasing butterflies
- Picking Up Sticks



Mini Assault Course: one of the best exercise games you can set up for your child as it will allow for your child to let off excess energy as well as develop other skill sets such as balance and agility. The set up of the assault course will be bespoke for your child and you can use any items within the house that you feel will give the desired effect. Some key set ups that will assist.

Tightrope: a rope or tape line that your child can walk along as a tightrope balancing out their arms looking straight ahead

Pick Up and Drop off: Use the line as the distance to run, skip, hop etc. Place a pile of various items at one end, ensure you have various sizes, shapes and textures. As your child to run and pick up one item, run back and place at the other end of the line. This will assist your child with their motor skills with the pick up and put down of items.

Easy Games

- Simon Says
- Musical Statues
- Dancing
- Twister Game

Jump, Hop, Skip: Give your child different exercises to carry out around the room, similar to an exercise circuit. make sure to include exercises and tasks that can vary the use of the body and skills

Balloon Games: Add some balloons to the mini assault course within the exercise you can play, keep the balloon in the air, balloon tennis or even pass the balloon.

Outdoor Games

- Three Legged Race
- 'Tag' or 'It'
- walking
- running
- skipping
- Leap Frog
- Hopscotch
- Hola Hoop
- Hopping
- Jumping



LINKS:

Chicklink.com - <https://chicklink.com/20-activities-for-a-toddler/>

Flintobox - <https://flintobox.com/blog/child-development/exercise-games-kids>



6-11 YRS

Sports & Fitness Activity Resource Pack

Yoga for Kids

Fitness doesn't always have to be fast and furious, fitness comes in many guises so we need to consider what fitness is within a wholistic context. Your child needs to develop not only physical, it is mental and emotional therefore Yoga is one of the few practices that encompasses the trinity of the mind, body and soul. Yoga practice is intrinsically linked with breathing, once the breath work is understood your child can use this within a variety of day to day settings reducing their anxiety, anger, fear and stress.

Yoga: is a term from the Sanskrit "yug" (yoke), which means "union". Yoga is an ancient practice which combines physical postures, breath practice, meditation and philosophical understanding. There are 7 main yoga practices all with a different focus.

The best type of yoga for young people is Hatha Yoga, which is the yoga that connects the mind and body through a series of postures, which challenge the body in a variety of ways.

Hatha From "ha" (sun) and "tha" (moon), hatha yoga seeks to unify opposites body and mind and describes any of the physical practices of yoga



Yoga Positions:

Each Yoga position has physical benefits on the skeletal system, the circulation, the nervous system, the mind and emotions;

Try some yoga poses:



tree pose
triangle pose
cat pose
downward dog
warrior pose
Salutation to the sun

LINKS:

Yoga for Kids:

<https://www.youtube.com/watch?v=X655B4ISakg>

Yoga Journal:

<https://www.yogajournal.com/poses/yoga-for/kids>

Momjunction:

https://www.momjunction.com/articles/easy-and-effective-yoga-poses-for-your-kids_00377906/

Kumarahyoga:

<https://kumarahyoga.com/kids-yoga-sequences-that-keep-kids-engaged/>



12-15 YRS

Sports & Fitness Activity Resource Pack

Cardio Fitness

Circuits is a good way of maintaining a healthy and active lifestyle. A cardio workout increases your fitness and gets your heart racing. Working out improves not only your physical health but also enhances your mental health.

A 10 minute cardio workout counts towards the recommended 150 minutes of aerobic activity every week.

To motivate you to start exercising we have listed exercises as a kind of 'pic and mix' to create your own home made circuit training session.

Before you begin, always with a minimum of 6 minute warm up each exercise should be done for 1 minute with a minimum of a 6-minutes warm-up.

A warm up is literally that, exercises that warm up your muscles by increasing the body temperature of the muscles, connective tissues and joints. By doing this each time you will reduce the possibility of hurting yourself or receiving an injury.

For best results repeat workout 2 – 3 times. Complete each exercise for 45 seconds and then rest for 15 seconds

After your workout, cool down with a 5-minute stretch.

How to: Warm Up

Stretching out all of your limbs and torso in multiple directions is imperative to ensure

your muscles have essentially been 'woken up' to avoid a shock to the system and pulling a muscle!



Step Ups



This can be carried out on a bench or low wall.

It is as simple as it sounds. you start with one leg and step up onto the wall bringing the other leg up to stand on the wall. Step down one leg and the other back to the lower level and then repeat
Do this for 60 seconds

Jog on the spot

Jogging on the spot keep your abdominals drawn in and shoulders relaxed
Do this for 30 seconds

Knee Ups

Stand with legs shoulder width apart
Draw right knee up to left elbow
Draw left knee up to right elbow
Do this for 60 seconds

Push ups

Start with arms right under shoulders, body in a straight line
Slowly bend elbows out to the sides, lower chest towards the floor



Cardio Fitness

age 12 - 15 years



Skipping Jumps

Skipping is one of the best cardio exercises that you can do as it raises the heart beat. Try 60-second burst of skipping

Squats

Stand up straight with legs shoulder width apart
Arms out in front of you palms facing the floor
Bend knees and squat down, bum out behind you
Straighten legs to lift back up



Jump Squats

Stand up straight, arms crossed
Bend knees and squat down, sticking bum out behind you
Jump up with both feet off the floor
Land softly, drop back into squat and repeat

8 Second Push-up

Start with arms right under shoulders, body in a straight line
Slowly bend elbows out to the sides, lower chest towards the floor (Keep abs and glute tight!)
Count to 8 on the way down and count to 8 on the way up

Plank

Lie face down
Push up off the floor onto your elbows and toes
Hold position, keep back flat throughout the exercise



Front Lunges

Stand with feet hip distance apart and parallel
Take a step forward with right leg, bending at knee
Push back up through heel of forward foot
Alternate and repeat

Jumping jacks

Stand straight with your arms to the side.
Jump enough to spread your feet wide, while you raise your hands above your head.
Reverse the movement quickly without any pause.
Repeat the moves at least ten times.



Abs Crunch

Both hands behind head
Keep lower back on floor
Lift shoulders off floor, keeping your head and neck relaxed

LINKS:

Healthline:

<https://www.healthline.com/health/cardio-exercises-at-home#beginner>

Teens Health:

<https://kidshealth.org/en/teens/easy-exercises.html>

15+

Sports & Fitness Activity Resource Pack

Cardio Outdoors

Forget the gym and costly memberships there is a free gym if you get outdoors. Your workouts will be just as challenging if not more if you pick the right terrain. There are plenty of parks, open spaces, hills and woodlands which offer the variation you need to get your blood pumping, heart racing and sweat dripping!

When you are in the gym you are getting the cardio experience on the machines, free weights and fitness classes... so what is the one thing that is missing?Nature!

The psychological improvements that occur with being outdoors is phenomenal and often under estimated. It isn't just about going for a job on a nice day, or doing some step ups, step downs when the weather is reasonable. Push yourself to go out in the rain, wind and snow.

Wrap up in the right clothes and feel the burn. The stress of the weather impacts will only add to the cardio experience as the body is having to burn extra calories to burn body fat.

Take your old routine forward into the new norm of getting back into the great outdoors!

Improve your routine by the 30 minute outdoor if you can do an hour then fantastic as the fresh air and greenery will assist you with a good nights rest and get your blood flowing



Dog Walking/Running

the perfect excuse to exercise is to take your dog for a walk with intermittent running. Walking fast pace with running spurts will maintain a higher heart rate with boosters to push yourself and heart rate over a 30 minute period.

If you don't have a dog, get to know a neighbour or put an add on social media, there are plenty of people who have dogs who would be more than happy for a helping hand.

Get on yar bike!

biking is one of the greatest ways to get around whilst keep fit, if you already get on your bike for a day out, why not push this to a daily bike ride. If you want to push it further plan your ride to hit more hills as this will push your muscles further, in turn the heart rate increases burning calories

LINKS:

Shape.com:

<https://www.shape.com/fitness/workouts/10-new-outdoor-workout-ideas>

WebMD.com

<https://www.webmd.com/fitness-exercise/a-z/biking-workout>

Blog - myfitness pal:

<https://blog.myfitnesspal.com/how-to-turn-walking-your-dog-into-a-workout/>

age 15+ years

Cardio Outdoors

Altering Daily Routines

Sometimes you don't need to make the extra effort if you simply change your daily routine. If you don't currently walk to school, if you are dropped off by a parent then get them to drop you off 15 minutes away from school. Carry out a speed walk to increase the blood flow round your body.



Once you do 15 minutes, increase it day by day before you know it you have added in an exercise session without much effort. The next change you could try is make more of your lunch break, use this time to get out and speed walk after you have eaten your lunch.



Meet Ups with Friends

Make training a friend meet up, get a few of you together to motivate each other. Instead of hanging out in the house get outdoors and get fit.

- Walking
- running
- obstacle course

Lunch hour, use this time to get out and speed walk after you have eaten your lunch.

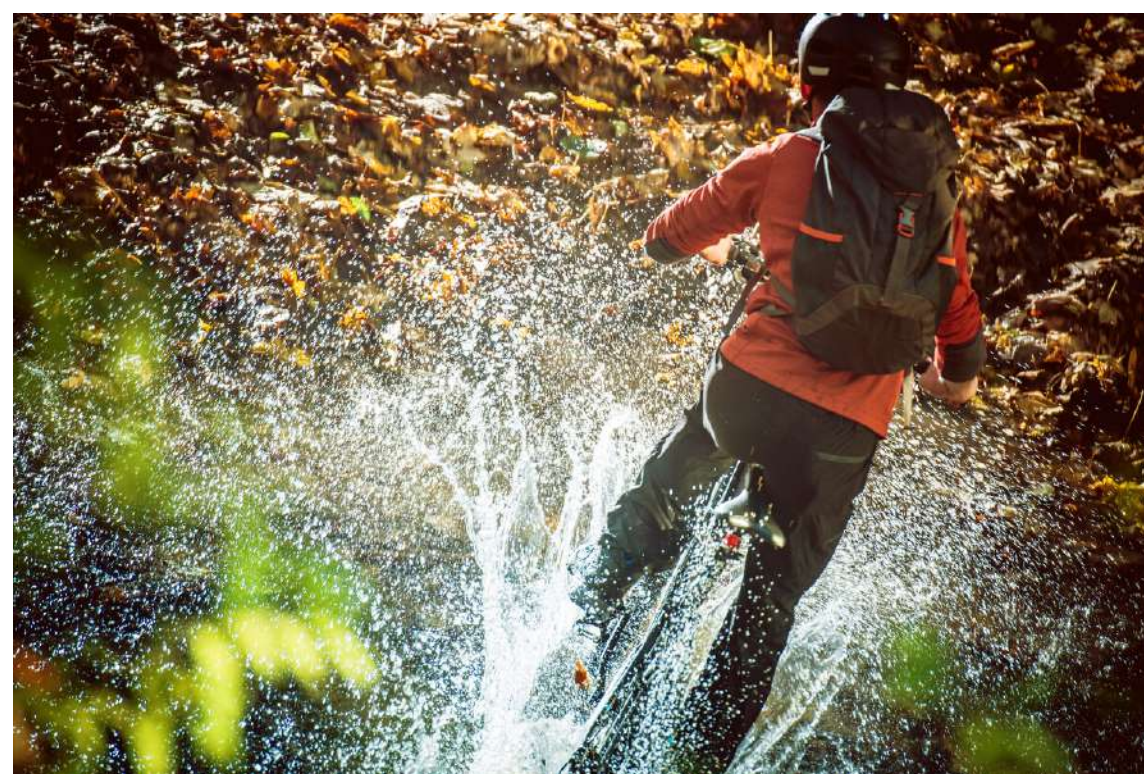


Exercising in Parks

More and more parks have outdoor gym equipment. Take advantage of the free equipment and schedule a work out into your daily walk whether it is to or from school. Spend 20 minutes on the machines during your walk to up your heart rate and burn calories.

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LINKS:

Shape.com:

<https://www.shape.com/fitness/workouts/10-new-outdoor-workout-ideas>

WebMD.com

<https://www.webmd.com/fitness-exercise/a-z/biking-workout>

0-19 EARLY HELP SERVICE

Children, Family and Young People



All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do.

Working with partners, Barnet's 0-19 Early Help Service provides help and support to families, children and young people up to the age of 19 (or 25 with a disability).

We aim to: Provide the right help first time that meets identified needs Improve outcomes for children and young people Prevent the escalation of issues that would then require statutory intervention.

To access support go to: <https://wwc.barnet.gov.uk/wwc/working-children-barnet/practitioner-guidance/children-family-and-young-people-hubs-0-19/how>



Kooth is the UK's leading mental health and wellbeing platform. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. Access is free of the typical barriers to support: no waiting lists, no thresholds, no cost and complete anonymity.

Go to www.kooth.com

Working together to support Communities

Community groups across our borough are pulling together in an unprecedented way to support vulnerable people during the coronavirus (COVID-19) crisis.

For more information where you can get help, and how you can get involved. Go to:

www.engage.barnet.gov.uk/communityhelphub.

www.barnetyouth.uk

