

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

Animal Walks

Animal walks are a lot of fun for kids. They get to pretend to be their favourite animals whilst keeping active and healthy. Helps kids develop body awareness, strengthen their sense of balance and develop their core and muscle strength. This fun activity does not require any extra materials and can also be done with as many kids as you like. Use your imagination to come up with different types of animal walks.



Animal walk ideas:

Frog hops – Squat like a frog and hop on the spot.

Bear walk – Walk on all fours like a bear. Keep arms and legs fairly straight.

Penguin waddle – Keep your arms tight against the side of your body, then gently waddle side to side as you walk.

Crab walk – Lean backwards on all fours and then walk around backwards.

Donkey Kicks – Ideal for kids who are extra energetic. Start by getting on all fours then kick your legs up and out.

Duck waddle – Squat, tuck your arms into your armpits to make duck wings. Flap your arms as you walk in a squat position.

One legged flamingo hop – Stand on one leg, hop and then land one legged on the opposite leg.

Kangaroo jumps – Keep your legs together, bend at the knees slightly and jump around as high as you can.



Follow the leader

An easy and fun way to get a good workout done by your kids. You can be the leader and you get the kids to copy the exercises that you do. Include exercises like star jumps, jogging on the spot, jumping as high as you can, kicks.

ADD IN LINKS

6 - 11YRS

Sports & Fitness Activity Resource Pack

The Super Star Workout!

Here's a look at 10 Super star workouts you can do with your kids, in your home. Aim for 30 seconds of work, followed by 30 seconds of rest. Alternate through the activities above and aim for a 20-minute workout.

1. Mountain Climbers

Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!

2. Bear Crawls

Palms and feet flat on the floor, arch your back so that you look like a momma bear. Race your kids across the room. Add some fun by having a competition! Who can "roar" the loudest?

3. Star Jumps

Kids love these! Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large "X" in the air. At the height of the jump, be sure to exclaim, "I'm a STAR!"

4. Push Ups

Straightforward and to the point. Just be sure your hands are in line with your pectorals and your booty isn't arced in the air. If you want to make it harder, try for push-up claps, diamond push-ups, or "Y" wide push-ups. Drop to the knee if your form is compromised.

5. Sit Ups

Another classic. Feel free to tuck your toes under the sofa or coffee table if you need a bit of support or add some more fun and ask your kids to hold your feet and vice versa.

6. Burpees

Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.

7. Squats

Kids are naturally born squatters. See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet shoulder's width apart, and do deep knee bends. Make sure your knees behind your toes and your arms out straight.

8. Leg Raises

Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals but be careful to not let your lower back arch.

9. Jumping Jacks

With many variations to the classics, this one can go on and on. From standard to reverse, this one will keep your heart rate up.

10. Butterfly Kicks

Lay flat on your back and extend your legs straight out. Imagine a swimmer and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.



6 - 11YRS

Sports & Fitness Activity Resource Pack

Jumping Competition

This is a great way to get those feet up and off the ground for easy exercises that kids will want to do. Jumps build muscle strength, cardiovascular fitness, and endurance. Make it a competition whoever jumps the highest wins! Here are some various Jumps you can do with the kids, each jumpe should be performed for 30 seconds with a 30 second rest. The while workout should last 15 minutes:



- Star Jumps: stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to centre on landing
- Tuck Jumps: bend knees and lift heels high while jumping
- Hurdle Hops: jump side-to-side or front-to-back over pretend hurdle
- One-Foot Hops: lift one knee and jump on standing leg; alternate (this is a great balance challenge too!)
- Criss-Cross Feet: jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue



Make Sure you have enough space for everyone to jump without bumping into each other!

12 - 15YRS

Sports & Fitness Activity Resource Pack

Strength-building Exercises

Strength-building exercises at home. There's no need for special equipment, expensive gym fees, or lots of time. Most fitness instructors recommend repeating a particular strength training exercise several times in a row. For the exercises explained below, do each exercise 10 times and then rest for 30 seconds in between each exercise.

Sit Ups: Step 1

Sit on floor, legs bent
Arms straight in front

Sit Ups: Step 2

Lean back gradually
Keep arms straight and
tummy tight
Take it as far back as
comfortable
Slowly return to sitting
position
Repeat



Chair Squats: Step 1

Stand tall
Chair behind you

Chair Squats: Step 2

Arms straight in front
Slowly start to sit down
Stop before your bum hits
the chair
Slowly straighten to standing
Repeat

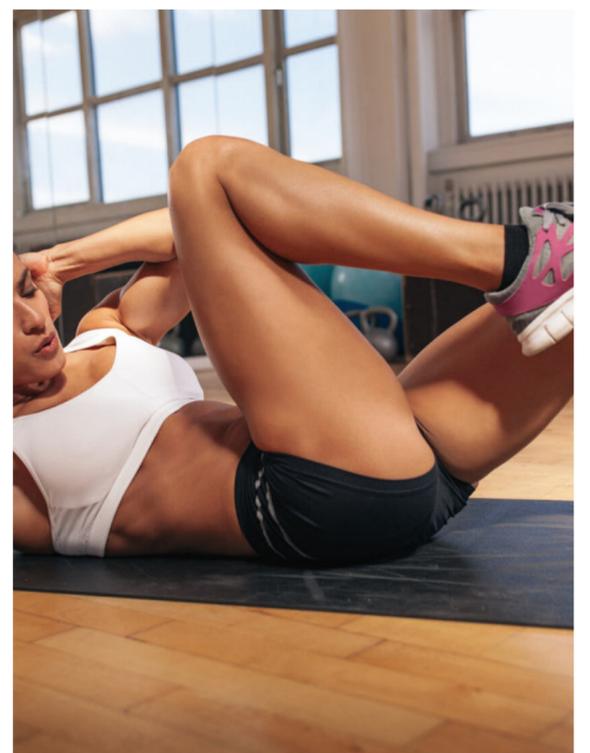


Butterfly Breath: Step 1

Stand tall
Feet hip width apart
Arms lifted out to the sides

Butterfly Breath: Step 2

Exhaling, lift right knee and
touch it with left elbow
Inhaling, return to position
one
Switch sides and repeat



Make sure you warm
up & cool down



You will need a small
Chair



Listen to your body and
do not overexert yourself

12 - 15YRS

Sports & Fitness Activity Resource Pack

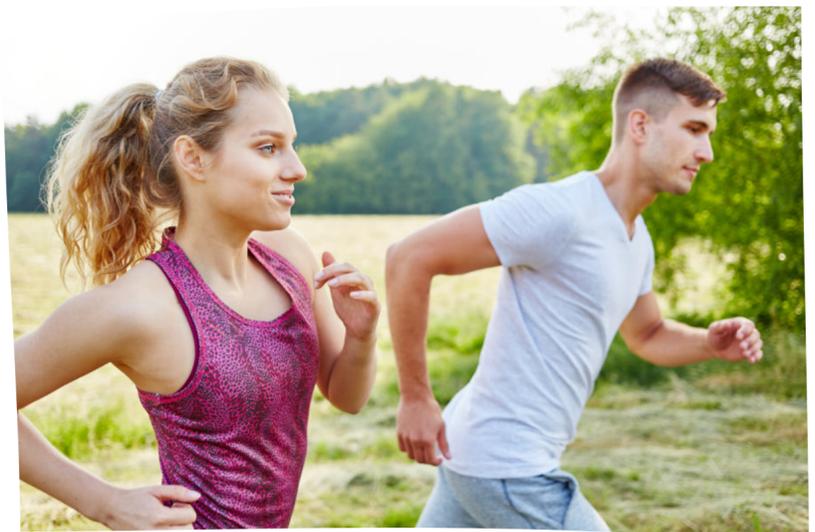
Cardio Crusher Workout

Cardio exercise simply means that you're doing a rhythmic activity that raises your heart rate into your target heart rate zone. This workout will get you active and having fun all at once.

Just follow the steps below:

1. Jog in Place

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



2. Knee ups

Standing up, fold your arms and draw your knees to your arms starting with your left leg then your right leg (Almost like you are a marching soldier)
Do this for 30 seconds



3. Ski hops

Keep both feet together and hop side to side (You can pretend to ski)
Do this for 30 seconds

Rest for one minute and repeat twice from the top



Make sure you warm up & cool down



Listen to your body and do not overexert yourself

15+

Sports & Fitness Activity Resource Pack

Circuit Workout

This circuit is a good way of maintaining a healthy and active lifestyle. Working out improves not only your physical health but also enhances your mental health. Staying active need not be complicated. To motivate you to start exercising, here's a list of 5 simple and easy workouts to do at home.

1. 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.

[Youtube link](#)

2. Dips

You will need: A chair or bench.
Sit on a chair with your hands on the sides, make sure the chair is well supported from the back.
Hold the chair and slip the butt off the chair and stretch your legs ahead.
Lower the body further by bending your arms at the elbow (to 90 degrees).
Use the hands to pull yourself back into the chair.

Repeat the routine five times

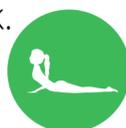
[Youtube Link](#)

3. Bicycle Crunches

Lie down with your back flat on the floor.
Lift your head a little and place your hands behind it, as if to support it. Lift your right knee to a 45-degree angle, while doing so lift your shoulder blade off the ground and turn your body slightly towards your left so that your left elbow comes close your right knee. Extend your left leg at the same time.
Perform similarly by bringing your left knee towards your right elbow.

Repeat the movements, as if pedalling a bicycle, but be careful not to pull your neck.

[Youtube Link](#)



Make sure you warm up & cool down



You will need a small Chair



Listen to your body and do not overexert yourself

4. Lying leg lifts

Lie down with your back flat on the floor.
Your feet should be together, and your hands should be flat under your glutes.
Slowly lift your legs in the air – diagonally at first, and further up until you can bring them to an angle of 90 degrees.
Hold your legs in that position as long as you can, and slowly bring them down to the original position. **Repeat the routine five times**

[Youtube Link](#)

5. Superman Lifts

Lie face down on the floor with your hands stretched in the front. Keep your arms and legs straight and lift them in the air simultaneously, while keeping the torso stable. Your back should be slightly arched.
Take care to use a slow and coordinated motion while lifting, do not give any jerking movements. Exhale as you lift and inhale on the way down.
Hold the position for five seconds and bring the body back to the starting position.

Repeat the routine five times

[Youtube Link](#)



15+

Sports & Fitness Activity Resource Pack

Cardio / Strength Home Workout (Advanced level)

A great workout to help you develop fitness whilst increasing your strength. This workout will get you looking and feeling great without any equipment in a short space of time. For best results repeat workout 2 – 3 times.



30 Jumping jacks

5 Pushups

25 High knees

7 Burpees*

10 Crunches

7 Squats

5 Pushup

10 Crunches

5 Pushups

7 Squats

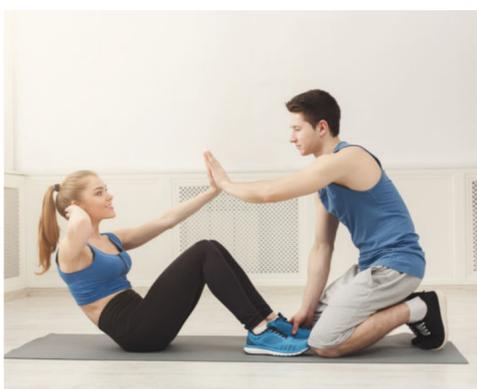
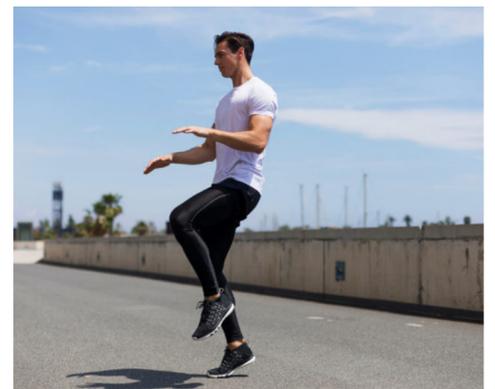
30 Jumping jacks

1 min wall sit

5 Pushups

25 High knees

***Youtube Link**



Make sure you warm up & cool down



Listen to your body and do not overexert yourself. Take breaks when you need them,



You will need a small Chair & a Wall

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

