

Home Heroes Checklist

Physical Activity

Physical Activity is essential for building a strong body, feeling happy and achieving top grades. Use this Home Heroes Checklist to help your child stay active outside of school.



Ensure your child always has a PE kit when they need one. If busy home routines leave little time for **physical activity**, it's extra important for your child to **stay active at school**.

Use the **Fortune Teller activity** (below) to challenge your child's **Fundamental Movement Skills**. Can they hop on one leg? How about leaping high into the air? Can they think of a physical activity to show off their strongest skill?



Limit after school TV time to one hour. The less time spent in front of screens, the more **opportunity for movement**. Don't be afraid to let kids get bored!

Encourage your child to complete the **Home Activities** assigned by their teacher. These **mini activity sessions** are a great way to meet the daily physical activity target (60mins).



FORTUNE TELLER



IF YOU DON'T HAVE SAFETY SCISSORS, ASK A GROWN UP TO HELP!

HOW TO PLAY



CUT THE GAME OUT AND PLACE FACE DOWN



FOLD ALL CORNERS TO THE CENTRE



YOU NOW HAVE A SQUARE



TURN THE SQUARE OVER



FOLD CORNERS TO THE CENTRE TO MAKE A SMALL SQUARE



LIKE THIS



CREATE THE PAPER LENGTHWISE AND THEN WIDTHWISE



INSERT FINGERS



START PLAYING!

<p>BALANCE</p> 	<p>1</p> 	<p>2</p> 	<p>JUMP</p> 
<p>8</p> 	<p>HOW MANY STAIRS CAN YOU CLIMB WITH A BOOK ON YOUR HEAD?</p> <p>WHICH LEG CAN YOU BALANCE ON LONGEST?</p>	<p>HOW FAR CAN YOU TRAVEL IN ONE JUMP?</p> <p>HOW FAR CAN YOU TRAVEL HOPPING ON ONE FOOT?</p>	<p>3</p> 
<p>7</p> 	<p>CAN YOU RUN BACKWARDS?</p> <p>CAN YOU RUN LIKE YOUR FAVOURITE ANIMAL?</p>	<p>HOW MANY TIMES CAN YOU THROW & CATCH A BALL AGAINST A WALL?</p> <p>PICK YOUR OWN MOVEMENT!</p>	<p>4</p> 
<p>RUN</p> 	<p>6</p> 	<p>5</p>	<p>CATCHING</p> 