

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important! These activities can be done in a safe outdoor area and adapted for different ages and spaces.

Bubbles

TIPS

- See who can pop the most or blow the biggest.
- Work out which way the wind blows.

RESOURCES

Bubble mixture and bubble blower.



SKILLS DEVELOPED

PDHPE- Fundamental Movement Skills (FMS), Science & Technology

Build a cubby house

TIPS

- Use your imagination.

RESOURCES

Sticks, old sheets, blankets, cardboard, etc.



SKILLS DEVELOPED

STEM, Creative Arts

Dance

TIPS

- Try to dance like a robot, basketball player, superhero, grasshopper, football or soccer try dance, tiptoe dance, high energy dance.
- Wear headphones to create a silent disco.



SKILLS DEVELOPED

PDHPE- FMS, Creative Arts- dance

REFERENCES

Youtube 'Exercise, dance and movement videos'.

Chalk art

TIPS

- Create pavement art such as fun images or a nice message for your family, neighbours or community.
- Share a photo.



SKILLS DEVELOPED

PDHPE- fine motor skills, Creative Arts

REFERENCES

Search 'sidewalk chalk activities'.

Chalk challenges

TIPS

- Draw hop scotch, obstacle course, challenge course.
- Encourage kids to jump, hop, stand on one foot, spin etc.



SKILLS DEVELOPED

PDHPE- FMS, Maths

REFERENCES

Search 'kids chalk challenges'.

Gardening - fairy

TIPS

- Create a fairy garden by choosing a pot plant or spot in the garden to decorate.
- Use your imagination!



SKILLS DEVELOPED

PDHPE- fine motor skills, Science & Technology.

REFERENCES

Search fairy garden ideas.

Gardening - food

TIPS

- Plant fruit, veg or herbs.

RESOURCES

Garden pot/spot, soil, seeds/seedlings, coconut fibre brick, compost.



SKILLS DEVELOPED

PDHPE-fine motor skills, nutrition education.

REFERENCES

Search 'munch and crunch garden'
See composting and worm farming videos and fact sheets at www.northernbeaches.nsw.gov.au

Gardening - bees

TIPS

- Create a bee highway stop (native bees need to rest every 500m) by planting pollinator plants e.g. lavender and rosemary, pansy, nasturtium.
- Put out a shallow dish of water with a rock in it.
- Build a bee hotel <https://www.abc.net.au/life/how-to-make-a-bee-hotel/11492162>
- Watch the bees and butterflies come!



RESOURCES

Garden spot/plot, garden seeds/seedlings.

SKILLS DEVELOPED

PDHPE- fine motor skills, Science & Technology.

Hula hoop

TIPS

- Create a routine.
- Add music.
- Search for 'hula hoop tricks' online.
- Challenges: Who can hula hoop for the longest time? Who can do the most tricks?



SKILLS DEVELOPED

PDHPE- FMS, Creative Arts

REFERENCES

Search 'hula hoop activities for physical education'.

Hide and seek

TIPS

- Hide and chasel



SKILLS DEVELOPED

PDHPE- FMS , spatial awareness.

Project Wild Thing

Movie to inspire getting outdoors and active
<https://www.thewildnetwork.com/inspiration/project-wild-thing>

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Movement skills

TIPS

- Kids can follow these these skills videos: <https://app.education.nsw.gov.au/sport/participation/getactive> OR
- Access the Family ACTIVation Pack which helps parents/carers get active with their children and teaches FMS.



SKILLS DEVELOPED
PDHPE- FMS

REFERENCES
<https://www.healthpromotion.com.au/q4-family-activation-pack/>

Obstacle course

TIPS

- Find items around the house that you can safely use to create an obstacle course e.g. chalk, sticks, leaves, sports gear.
- Incorporate as many skills as you can e.g. Jog on the spot, hop, throw, catch, roll, balance, skip.
- How fast can you complete the course?



SKILLS DEVELOPED
PDHPE- FMS

REFERENCES
Pinterest backyard obstacle course ideas.

Performance

TIPS

- Create a stage area.
- Plan a performance e.g. puppet show, comedy, singing, drama performance.
- Invite family or neighbours to watch.

RESOURCES

Dress ups, musical instruments, props, music.



SKILLS DEVELOPED
Creative Arts - music, dance, drama, comedy

REFERENCES
Search for kids performance ideas.

Scavenger hunt

TIPS

- Write a list of items your child might find outside or use this hunt sheet.
- Find as many items on the list as you can.
- Encourage children not to touch or collect items, but record their findings on their hunt sheet.



SKILLS DEVELOPED
PDHPE- FMS, Science & Technology

REFERENCES
<https://www.natureplaya.id.org.au/nature-play-scavenger-hunt>

Skipping

TIPS

- Master a skipping rope routine by putting skipping tricks together.
- Add music.
- Look online for 'jump rope tricks' advice.
- Challenges: Who can skip for the longest time? Who can do the most tricks?



SKILLS DEVELOPED
PDHPE- FMS

REFERENCES
For inspiration, search: 'Jump rope demonstration' or 'teacher manual' at www.heartfoundation.org.au

Ball games

TIPS

- Catch and kick.
- Piggy in the middle.
- Soccer - This can be fun on a trampoline.
- French cricket - Use a bat or racquet to hit the ball in the air for others to try to catch.

RESOURCES

Ball, tennis racquet



SKILLS DEVELOPED

PDHPE-FMS

REFERENCES

<https://www.healthpromotion.com.au/q4-family-activation-pack/>

Cycling adventures

TIPS

- Add a new dimension to your cycling outings by checking out:
- Cycle maps
 - Bike scavenger hunts
 - Videos on bike care



SKILLS DEVELOPED

PDHPE, Geography

REFERENCES

For more fun bike activities for kids, visit:
www.bicyclensw.org.au/5-ideas-to-entertain-your-kids-with-a-bike

Treasure hunt

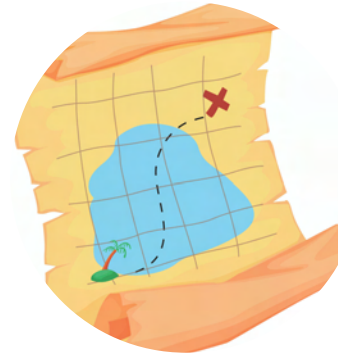
TIPS

Mapping:

- Hide a treasure in the yard or around the home e.g. a coin, small toy, sticker etc.
- Draw a map the other person can use to find the treasure.
- Take turns to hide/draw.
- Challenge: Work out where north, south, east and west are.

RESOURCES

Pen, paper little treasures.



SKILLS DEVELOPED

PDHPE- Spatial awareness, Geography

REFERENCES

Find a Geocaching app to start finding as a family.

Yard yoga

TIPS

Try these stretches and poses outside; inspired by yoga and the outdoors:

- Be a tree- Pose by standing on one leg.
- Be a frog-Squat Pose.
- Be a seed-Child's Pose.
- Be a butterfly-Cobbler's Pose.
- Be a flower-Flower Pose from Cobbler's Pose.



SKILLS DEVELOPED

PDHPE- FMS, self management, Student Wellbeing

REFERENCES

Search 'garden yoga for kids'.

Further References

Active indoors: <http://www.goodforkids.nsw.gov.au/covid-19/for-families/>
Staying healthy: <https://www.makehealthynormal.nsw.gov.au/staying-healthy-isolation>
Nature play activities: <https://www.natureplay.org.au/coronavirus-covid19-resources>