**Active Anita’s Sunday Funday Activities**

**Suitable activities for kids aged 7-11**

**Sugar Burner**

Set 3 areas in a room using pillows, hula hoops or whatever you can find, and name each area a type of food item i.e. fruits, biscuits and fizzy drinks. Have your child run around the room and then count down from 5. When countdown begins have your child pick one of the 3 areas to stand in. Once countdown ends, shout one of the 3 food items that are associated with each area. If they are in said area they do 10 star jumps as to burn off the food they ate. Progression - one area is a healthy item. After countdown shouts which Area is the healthy one if students are in that area they don’t have to do star jumps.

(Adapted from Sports Leaders UK)

**Roller Coasters**

In pairs, one partner stands behind the other. The partner behind places their hands on partners shoulders making a carriage. Say go and the roller coaster moves around while trying to avoid objects in the room. You could also act like you were on an actual roller coaster, you can then add some movements while moving as a roller coaster

Roller coaster is moving up = High knees

Roller Coaster is moving down = fall down

Roller Coaster is moving Up and down = jumping

(Adapted from Sports Leaders UK)

**Noughts and Crosses**

This activity can be done by using objects found in your own home (cushions, rolled up socks). Set up a 3x3 grid (string/shoelaces are great) and using the objects, the objective is to have 3 of your items in a line to win (lines can be horizontal, vertical or diagonal). Take alternate turns to place an object in one area of the grid and achieve the winning line. Progress this game by throwing objects into the area as opposed to placing them. Add some active forfeits such as the person who loses does 5 star jumps.

(Adapted from Sports Leaders UK)

**Remote Control**

Create 4 areas in a room and assign each one with a genre of TV such as Comedy or Animation. You are the remote control and the children are the actors on screen. As they move around the area get the kids to move around in different ways related to the commands you would see on a TV remote. After a point shout out a genre that corresponds to the area and while going to that area as quick as possible do an action that would be found when watching that genre. Once they get to the area have them name a movie from the genre. Once named, repeat the above instructions.

Play = move Volume up = shout more Pause = stop

Volume down = Whisper Fast Forward = run Rewind = run/walk backwards

Skip = skipping

(Adapted from Sports Leaders UK)

**Buildings Of The World**

In at least groups of 2 move around the room while doing different movements such as skipping, jogging, jumping, side stepping etc. Then on command get the kids to take the form of a famous building such as the leaning tower of Pisa by leaning forwards without toppling over or create an imaginative river and when you say bridge have them connect themselves over the river while not falling over. Create your own famous places by using the commands below as some good inspiration.

Leaning tower of Pisa = lean forwards without falling over

Pyramids = have them lean forwards with hands on feet on the floor

Sphynx = crawl like the Cat God

Bridges = London bridge or Golden Gate bridge – join yourselves together over a river and try to look like the famous bridge

(Adapted from Sports Leaders UK)

**Natural Disaster**

Like ‘The Building Of The World’s’ game have the same format however once the kids have turned themselves into buildings shout out different types of natural disasters and have them react in the form of the building

Earthquake – shake your body

Hurricane – spin around

Volcano – Hop around

Lightning – Judder

Avalanche – shiver

Tsunami – swim/float

(Adapted from Sports Leaders UK)

**Rocket to the moon**

Your kids are going to be astronauts so have them pretend to put on their gear: helmet, boots, gloves, spacesuit, and then get them to pretend to get into the spaceship. Have them run around to mimic blast off and travelling to the moon when you tell them to stop say that you have landed on the moon. The kids can move around the room pretending to be space explorers. While they are exploring, shout out the commands from below or create your own using your imagination. A good progression would be Alien tag. This is when you can make someone the alien and the astronauts try to run away from the alien. If the space explorer gets tagged, they become the alien and the previous alien now becomes a space explorer.

Zero Gravity – move around like astronaut – hop around

Crater – do a massive leap to avoid falling into the crater

HQ is calling – March back to your Spaceship

A Big rock ahead – have them sidestep and pretend to squeeze through the rocks crack

(Adapted from Sports Leaders UK)