

Daily Physical Activity Ideas

1. Take a word from the list below and create a challenge for yourself and/or family members.

List: skip, hop, jump, balance, dance, roll, twist, gallop, throw/toss, run, leap

2. Set up a bowling alley using objects you can safely knock over. Practice the underhand roll using a soft ball or rolled up sock. Try sending it with your feet, your other hand or striking it along the ground with your hand or an implement (like a pool noodle or a wooden spoon).
3. Balance your favourite stuffed animal on your head for as long as you can. Try it on your tip toes, with your eyes closed, walking and standing on one leg.
4. Design and make your own obstacle course inside or outside. Add elements of over, under, around and through. You can use string to make a rope maze, chalk, obstacles, sticks, pillows...
5. Use the alphabet. Create an action for each letter of the alphabet. For example, A: Spin around 5 times. Use the alphabet to spell out your full name. For variety, use other words you know.
6. Get building! Build a tower of playing cards. Estimate how high you can get. Try to beat your highest structure.
7. Using a ball or a rolled-up sock, create some tossing and catching games. For example: toss and catch; toss, clap catch; toss, clap, clap, catch; toss, touch knee, catch; toss, spin,