

Check out these active ideas

These resources have been collated to help families through Covid-19 Alert Levels 3 & 4.

- Schedule time each day to be active as a family
- Take turns selecting an activity for the family to do as a group daily
- Start a log of daily fitness activities for each family member
- Adapt activities to suit the entire family
- Help everyone to find something active that makes them feel successful



REMEMBER:

It does not have to cost a lot of money to activate the family!

Tips for the home...

- Designate indoor and outdoor play areas where rolling, climbing, jumping and tumbling are allowed
- Buy 'active' toys that promote physical activity
- Limit time spent watching television programs, DVDs, playing PlayStation and computer games
- Use physical activity rather than food as a reward (e.g. family nature walk or water activities down by the lake)
- Include the extended family/whanau such as grandparents, other relatives, and friends whenever possible – even via an online platform!
- Emphasise the importance of having fun and learning; sometimes competition can have a negative impact
- Get off the couch and change the channel manually – or better yet, turn it off!

Tips for school...

- Talk to the teacher about your child's physical education programme and how you can provide support

Tips for anywhere...

- Always use the stairs
- Walk, jog or cycle anytime you can within your local area
- Tidy up! Make housework YOUR chance to be active – turn the radio on to make it enjoyable

The great outdoors... YES in your own backyard!

- Rake leaves... then jump in them!
- Dig and plant in the garden... help everyone plan their own vegetables, fruits and flowers
- Chop and stack wood
- Go up, up and away with a kite flying day – make and design your own kite
- Go camping in your backyard
- Run, jog and walk in a family treasure hunt
- Count hula hoop rotations
- Jump rope – practice rhythms, rhymes and tricks
- Play a ‘hot potato’ game of frisbee
- Play an action packed game of badminton
- Build stilts and walk on them to create laughter and exercise
- Ride on a skateboard (with knee, elbow pads and helmet)
- Play hopscotch and organise a family tournament
- Run and dodge in a “Tag you’re it” game
- Play traditional and modified backyard sports: netball, soccer, rugby and cricket
- Practice on in-line skates (with knee, elbow pads and helmet) – go further and faster each day
- Take the family pet for a walk or jog
- Wash the car... enjoy an active game with the hose



On rainy days or when stormy weather keeps you indoors...

- Don't be stuck – liven up!
- Music makes it easy!
- Create a family video of exercise routines
- Build huts under the dining room table out of blankets and sheets
- Take advantage of what you've got around the house...
 - Use a bench or steps for step-aerobic workout
 - Play ‘Twister’ or other indoor active games
 - Encourage everyone to ‘act out’ a story as you read it
 - Build an obstacle in the garage on a rainy day

