

# Keeping active during lockdown

It is really important we all keep active every day, especially whilst we are in lockdown due to Covid-19.

Even though there are restrictions in place for being able to go out from home there are loads of different ways we are able to keep active and organisations that are sharing exercises online

Here are some tips and examples that are able to help you during this time

## The importance of activity

Modern life can be pretty comfy; sofas, TV, computer games there's just so much to keep everyone sat down – but bodies weren't designed to sit down all the time. They need to walk, jump, run and move to be healthy, grow properly and use up the right amount of energy.

Of course, it's important to relax but there's a difference between chilling out and vegging out! **The fact is that people who are inactive don't burn off enough energy and store up fat in their body.**

Being up and about is all about activities mainly for children and young people but can also be used for anyone and trying to get everyone moving whenever they can during the day. Simply being up and moving burns calories and helps fend off diseases like type 2 diabetes, heart disease or cancer.

Just getting everyone up off the sofa or out of that office chair will help, so if you've been sitting for a while get up and jump or walk around for a bit, you could try limiting the time they spend in front of the TV or computer too.

There are few of us going to school or travelling to the office at the moment but we can still get out during the day to participate in some physical activity once a day so go for a walk, jog, run, cycle.

A good dose of fresh air and exercise also helps us all sleep better, so tiring us out with activity every day will help get to sleep at a good hour and make us feel alert for the next day.

Building activity into your day keeps your heart healthy, reduces your risk of serious illness and strengthens muscles and bones. It can also be a great way of reducing your stress levels and lifting your mood if you're feeling down.

**Remember to keep up social distancing when you are out of the house, only go out with people from your own household and keep 2 metres away from anyone you see when you are out and wash your hands when you get home.**



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## Let's Get Moving Everyday!

Children and Young People need to do at least 60 minutes of physical activity every day to burn of calories and prevent them from storing up excess fat in the body. It also keep bones healthy and encourages muscle strength and flexibility

Adults should do as much exercise as possible as doing anything is better than doing nothing at all. Recommended levels are 30 minutes a day for at least 5 days a week. Having a rest is also important to promote repair in the muscles which may have been used. Even professional athletes have days off

All of this exercise time can be broken down into smaller chunks of activity so doesn't all have to be done at once.

### Ideas for different activities

**We don't need a gym to be active and have fun – all we need is a place to play and a few ideas for games.**

Everyone, especially Children love to play, and it's a great way to get everyone up and about, having fun and staying healthy. From football in the park to building a den with a cardboard box, play is great for children's emotional, social and physical development.

Playing together is a great way to be active as a family. It burns energy and helps everyone maintain a healthy weight – reducing their risk of serious illnesses like heart disease, type 2 diabetes and cancer in later life. It is the best way for activity to take place during our lockdown time especially as we do not know how long this is going to take

**Playing active games can also help children and young people to:**

- develop their imagination.
- improve their self-confidence.
- learn about risk.
- concentrate



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## Move in different ways!

In the same way that we need to eat different food groups to get the range of nutrients our bodies need; we all need different types of physical activity to help their bodies grow and develop and keep them healthy and fit.

**Everyday movement:** Take the stairs, do different chores like vacuuming and help in the garden.

**Active play:** Ball games, tag, frisbee, trampoline, swing ball, skipping, backyard cricket, hopscotch, skateboarding, skipping (remembering social distancing).

**Active transport:** Walk or cycle to school, to the shops or go to the park

**Family activities:** Trip to the park, weekend walk, family cycle all remembering social distancing

Children and young people need to do a variety of different activities to develop balance, co-ordination, good posture, muscle strength, strong bones and fitness. They need to spend more time being active than adults to keep a healthy body weight because their metabolism (body engine) doesn't use up as much energy.

Give children and young people the opportunity to learn new skills and develop active routines means they have more chance to enjoy activities and become active adults for a healthier longer future.

## Fun Generator

### Family boredom buster box

Everyday play ideas for both children and families

The biggest challenge when television time is reduced is trying to keep the family amused and to stop everyone from complaining about being bored. There are a number of ideas listed - some require prior planning and organisation (e.g. to find equipment such as balls or skipping ropes if you haven't already got them), but the good news is this only need doing once to create your family boredom buster box.

### Fun indoor: for rainy days or when there is nothing to do!

- Card games e.g. top trumps, deck cards, snap pairs
- Family Board games
- Puzzles and jigsaws
- Arts and crafts e.g. drawings, painting, paper Mache, creating a comic or magazine



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## Other indoor activities

- Tabletop football, mini ping pong ball set (table tennis)
- Ping pong puff (set up mini goals on a table and blow through straws to move a ping pong ball)
- Hide and seek
- Detective hunt (hide household items)
- If you have a computer game console, encourage your children to play games that make them move e.g. dance mats or karaoke games. Be very clear that any other games that require sitting down count towards daily television and screen time
- Growing and watering plants, herbs or vegetables. you don't need a garden to do this, and planting seeds in small pots by the window works just as well(indoors and outdoors)
- Household tasks: get children to help with the hovering, cleaning (small jobs like polishing the table),preparing and cooking dinner (e.g. washing the vegetables, setting the table, washing up), and ask children to clean their rooms (allowing them to turn up the music can help get them moving more and stay involved).
- Let's pretend tell your children to think up and plan a short play to perform to the family, tape their own radio show or make up a game show for the family to play.

### On a budget

- Have a disco in the lounge with some of your music.
- Make a den using some chairs, tables, sheets and towels.
- Make an obstacle course indoors or out. Jump over jumpers and zig zag around shoes.
- Get a couple of yo-yos for them to keep in their pockets to use when they're standing about; great for getting their arms going.
- Have a catwalk at home and get the kids to parade their favorite clothes for you, make sure they tidy them away as well though.
- Get skipping – skipping ropes are cheap and can be great exercise.
- Hide and seek; it's free and fun.



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## 15 minute fillers

- Have a race to see which child can change their outfit the quickest.
- Play hopscotch outside.
- Make up a dance routine to a song.
- How long can they keep a hula hoop going for?
- Grab a broom or stick and have a go at limbo – how low can they go!
- Play catch with a ball or a pair of socks if you haven't got a ball
- Play keepie uppies with the ball or socks
- Count the number of ball hits up with a bat & ball
- Ask them to help you with the cooking before dinner.
- On grass, see how many times you can leapfrog over each other.
- See who can do the most exercises in a minute – whoever wins gets to choose what you play next i.e. star jumps / sit ups / hops / jumps from side to side
- See if they can hop on the spot for 10 minutes.

### All day games and activities

- Get on your bikes. Taking your children on a bike ride is heaps of fun and gives the heart and lungs a good work out too.
- Go for a walk in the local park
- Go on a treasure hunt; plan a route and take clues with you for the children to guess and get them to lead you to the next stop.
- Take a ball and bat to some open green space and play rounders – remembering social distancing.

### Whatever the weather

- When it's windy, fly a kite.
- Catch the leaves – first one to 20 wins.
- Run against the wind.
- Play puddle jumping.
- Dodge the raindrops.



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## Games for indoor & outdoor fun

There are lots of fun ways to get your family up and about, it's so easy to make it part of your daily routine and habits – here are a few suggestions.

### The lamp post game

When going to school or the shops, a simple race game between the lampposts not only gets them to the destination quicker, and passes the time, but it also keeps them fit (make sure your children are road aware and remember social distancing on the path).

### Treasure hunts

Treasure hunts are great fun, easy to organise and children can do them in lots of different places.

#### Things to find in the park:

- A buttercup
- A long stick
- A leaf with more than one colour in it
- A very long piece of grass
- A feather

Once they've found all these, help them tie the objects to a stick to take home, why not help them find other things to tie to the stick.

#### Things they can find in the supermarket:

- Something yellow
- A kiwi fruit
- The fish counter
- Something from your shopping list

If you have two or more children, why don't you have a competition to see who can find things the quickest.



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## Games for indoor & outdoor fun

### A dance routine

What you will need:

- A clear area of space with no breakables near by
- A cd player or other device that plays music

What to do:

They can play their favorite song and listen to the rhythm of the music and start dancing! Encourage them to think of different moves – have they seen a pop star do a dance move they'd like to try? Keep replaying the cd until they've perfected the moves. When they're ready get them to put on a performance.

### A fashion catwalk

What you will need:

A long clear space, like a hallway or a lounge

- Some music
- Lots of clothes

What to do:

Let them pick some of their favourite outfits, style their hair, and put some music on.

Now it's time for them to strut their stuff! Suggest they try to change as quickly as possible between outfits maybe you could introduce them as they walk down the catwalk.



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## Getting Children Active Questions and Answers

### I'm not very good at physical activity, so how can I help my children?

Children look to grown up's as role models, so it's still important that you support being active even if you're not. By motivating your children to get fitter you're giving them the right attitude to take them through life. Remember it only takes a little to achieve a lot and it's easy to introduce activities into routines that become part of your everyday.

### Why should I encourage my children to be active – don't they get enough at school?

During these times most children and young people are not currently at school and when schools are back open there is likely to still be some restrictions in place.

It is really important to still be encouraging activity now and when your children return to school. While we have the time now get into a routine and this can be carried on when they are back at school.

It's more fun if you make activity something the whole family can do together, and children are more likely to join in if they see mum or dad doing it too.

### What can I do if my children don't like sports?

You can't force children to be sporty, but you can encourage them to be active. It's really about finding the right activity for each child. Try giving them a choice of things to do that will build up confidence, once they find something, they love to encourage them as much as you can as that will help them keep it up.

### My children are different ages with different interests how do I keep them busy?

Try getting the older ones to teach the younger one's skills, 10 to 13 year olds have moved on from basic skills such as running, catching and jumping but they could pass on what they know to the younger ones.

### My children just want to lie on the sofa and watch TV. What can I do?

Introduce timings for all screen time (TV / phones / computers / tablets) – also rewards – the more activity done or help around the house results in more screen time in a day.

### I don't have enough time to play with my children what should I do?

It's tricky to balance work and play time but you can introduce some activities into everyday routine, just walking to the shops instead of driving or playing games in the garden during summer can make a huge difference.



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## TOP TIPS

- Don't let your child watch television or play computer games for at least 30 minutes before they go to bed. Use this time to read a book, share stories or just spend time chatting.
- Get your child to bed at the same time every night. Try not to change this routine this will help their bodies to expect sleep at the same time every night.
- Plan the getting ready for bed routine, primary school age children need a routine just as much as babies and toddlers. Have a bath, read together, music or books on tapes or cds can all help calm your child and prepare them for a good night's sleep.
- Don't give your child a meal just before bed try leave a few hours between dinner and bedtime.
- Lots of healthy exercise during the day will help use up any energy that might keep your child awake at night.
- Don't give your child food containing caffeine before bedtime especially after 5pm, for example cola, diet cola, hot chocolate drinks, chocolate, tea and coffee.
- Make sure your child's room is not too bright, if they have trouble settling in the dark agree a time when the light will definitely be turned off.

Children need different amounts of sleep; some might need less than the recommended hours. It will take at least two weeks to get your child used to a healthy sleep routine, if they have not had one before. If your child still has problems even though you use a healthy sleep routine, then it might be a good idea to go and see your GP.



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## Different activity sessions you can do online for all ages

Joe Wicks

Daily PE lesson

Monday to Friday live from 9am

<https://www.youtube.com/user/thebodycoach1>

Healthy Lifestyles Team Online exercise videos

Various pre-recorded online videos including Chair exercises, bone strengthening and improving mobility

<https://www.lbbd.gov.uk/newme-healthy-lifestyle>

Everyone Active

Various online fitness classes including Zumba, HIIT, Yoga & Body Pump

Various Days – Live and pre-recorded

<https://www.youtube.com/user/everyoneactive>

<https://www.facebook.com/everyoneactive/>

Be Fit Today Track Academy

Athletics and Fitness

Tuesday, Friday and Saturday live from 12noon

<https://instagram.com/bftta?igshid=1loaeyyjttdj>



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## Activity sessions continued

First Kicks

Fitness sessions

Everyday live from 9.30am

<https://instagram.com/ellisremy?igshid=198ye8t1qy9g1>

Right Development Foundation

Basketball and Fitness sessions streamed live

Various days– live and pre-recorded

<http://www.facebook.com/RDF4CHANGE>

Kanan Coach – From Barking Cricket Club and Breaking Boundaries

Cricket Challenges

Various days – live and pre-recorded

<http://www.facebook.com/kanancoach>

<https://twitter.com/KananCoach>

Studio 3 Arts

Dance, Drama and Music tutorials and more at home activities

Various days – live and pre-recorded

<https://www.youtube.com/channel/UCYPHpljebOXLmTF0B-uWMYw>

<https://www.facebook.com/Studio3ArtsBarking/>



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## Activity sessions continued

BDYD

Dance Classes

Various Days – live and pre-recorded

<https://instagram.com/b.d.y.d?igshid=1tzl5go6cjdri>

Charlene Wickham

Virtual Zumba Classes

Various days and times – small charge per class

<http://www.zumba.dance/class/online/5e9732ed-f2dc-4e61-adc9-1a2b0a010a0a>

Oti Mabuse Dance Classes

Various days– live and pre-recorded

<http://youtube.com/mosetsanagape>

<https://instagram.com/otimabuse?igshid=qhbxuejgo8z9>

The Ballet Coach

Ballet classes at home

Various Days – live and pre-recorded

<https://www.youtube.com/channel/UCjoXKtJLuyb6gAG3sQlyq0Q>



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## Activity sessions continued

### Change4life

Information and fact sheets on activities, health advice & nutrition including recipes

<https://www.nhs.uk/change4life/activities>

<https://www.nhs.uk/change4life/food-facts>

<https://www.nhs.uk/change4life/recipes>

### Active Unlimited

Virtual timetable of live dance & fitness classes

Various days and times – monthly charge to access all sessions

<http://bookwhen.com/activeunlimited>

### LTA Tennis at Home Hub

Online videos and activities helping to develop children and young people mentally and physical using tennis as the tool along with activities to keep the whole family fit and healthy whilst at home.

<https://www.lta.org.uk/tennis-at-home-hub/>

### Essex Cricket in the Community

Online challenges and videos using cricket

Various days – live and pre-recorded

<https://www.facebook.com/EssexCCB/>

