

1

00:00:14,720 --> 00:00:15,940

Hi, my name's Kayla.

2

00:00:15,940 --> 00:00:18,110

I'm an Accredited Exercise Physiologist

3

00:00:18,110 --> 00:00:20,180

and today I'm going to take you through some fun activities

4

00:00:20,180 --> 00:00:22,890

that you can do with your kids at home to stay active.

5

00:00:22,890 --> 00:00:25,140

So the things we go through today include some fundamental

6

00:00:25,140 --> 00:00:27,330

movement skills including ball skills,

7

00:00:27,330 --> 00:00:29,250

balancing and locomotor.

8

00:00:29,250 --> 00:00:32,130

So the things you can do at home to keep them both mentally

9

00:00:32,130 --> 00:00:35,090

and physically engaged is some problem solving games,

10

00:00:35,090 --> 00:00:38,360

some small obstacles and tasks that they have to complete.

11

00:00:38,360 --> 00:00:40,140

Today, go through a range of activities

12

00:00:40,140 --> 00:00:41,670

that you can do with them.

13

00:00:41,670 --> 00:00:44,110

First, I'll go through a warm up though.

14

00:00:44,110 --> 00:00:46,820

So first off, can we reach up high,

15

00:00:46,820 --> 00:00:48,710

reaching for the sky,

16

00:00:48,710 --> 00:00:53,320

and then I want you to come down low, towards your toes.

17

00:00:53,320 --> 00:00:56,100

Now we're going to reach back up, reaching high,

18

00:00:56,100 --> 00:00:59,250

stretching tall, up on your toes

19

00:00:59,250 --> 00:01:02,153

and then come back down towards your toes.

20

00:01:03,320 --> 00:01:07,240

And again, coming up all the way, nice and tall,

21

00:01:07,240 --> 00:01:11,720

twinkle your fingers and coming back down to the ground,

22

00:01:11,720 --> 00:01:14,210

reach for those toes,

23

00:01:14,210 --> 00:01:16,500

and again, up nice and tall

24

00:01:17,850 --> 00:01:19,653

and then down to your toes.

25

00:01:22,311 --> 00:01:25,030

Good, now we're going to circle our arms,

26

00:01:25,030 --> 00:01:28,040

so nice big circles coming forward

27

00:01:28,040 --> 00:01:32,113

with your arms, kind of like you're swimming in the pool.

28

00:01:33,330 --> 00:01:38,050

Good, nice big circles and this time to the back,

29

00:01:38,050 --> 00:01:41,301

all the way, nice big circles.

30

00:01:46,550 --> 00:01:51,263

Good, now I want you to stamp your feet, so nice big steps.

31

00:01:52,330 --> 00:01:53,883

Standing on the spot.

32

00:01:54,970 --> 00:01:56,913

Now I want you to swing your arms.

33

00:01:58,330 --> 00:01:59,273

Good.

34

00:02:00,770 --> 00:02:02,570

Now can you do this in a circle,

35

00:02:02,570 --> 00:02:04,273

so marching around,

36

00:02:05,240 --> 00:02:06,703

facing the back,

37

00:02:08,150 --> 00:02:09,243

to the side,

38

00:02:10,360 --> 00:02:12,310

and to the front.

39

00:02:12,310 --> 00:02:15,533

Good, I want nice big arm swings.

40

00:02:18,350 --> 00:02:20,890

Good, I hope we're all feeling nice and warm.

41

00:02:20,890 --> 00:02:23,200

So, now we're going to play a game.

42

00:02:23,200 --> 00:02:24,980

So I want you to think of some animals

43

00:02:24,980 --> 00:02:26,970

and we're going to do the actions of those animals,

44

00:02:26,970 --> 00:02:30,230

so first off, can you hold your hands like this,

45

00:02:30,230 --> 00:02:32,181

and I want you to hop like a kangaroo.

46

00:02:32,181 --> 00:02:34,600

Hopping up on the spot,

47

00:02:34,600 --> 00:02:36,183

around in a circle,

48

00:02:39,360 --> 00:02:40,340

Good.

49

00:02:40,340 --> 00:02:42,130

Now, I want to stand like a flamingo,

50

00:02:42,130 --> 00:02:46,520

so we're going to stand on one leg, see if you can balance,

51

00:02:46,520 --> 00:02:48,022

holding it there.

52

00:02:50,160 --> 00:02:53,510

Good, let's try the other leg so standing up tall

53

00:02:54,390 --> 00:02:55,723

on one leg.

54

00:02:57,370 --> 00:02:59,530

See how long you can balance for,

55

00:02:59,530 --> 00:03:00,863

holding it here.

56

00:03:03,681 --> 00:03:05,130

Beautiful.

57

00:03:05,130 --> 00:03:08,380

Okay, can you stand up tall like a giraffe?

58

00:03:08,380 --> 00:03:11,420

Up on your toes, walking around,

59

00:03:11,420 --> 00:03:13,610

can you see anything in the trees?

60

00:03:13,610 --> 00:03:15,150

Anything to eat?

61

00:03:15,150 --> 00:03:20,150

Looking around, up, up tall, right on your toes

62

00:03:20,440 --> 00:03:22,510

and then coming down.

63

00:03:22,510 --> 00:03:24,840

Next we're going to hop like a bunny rabbit.

64

00:03:24,840 --> 00:03:28,610

So I want you to come down really, really small

65

00:03:28,610 --> 00:03:31,990

and we're going to hop, hop around.

66

00:03:31,990 --> 00:03:34,750

Now I want you to try on one foot instead.

67

00:03:34,750 --> 00:03:36,513

So we're hopping on one foot.

68

00:03:37,510 --> 00:03:39,853

Good and the other foot as well.

69

00:03:43,220 --> 00:03:44,210

Good.

70

00:03:44,210 --> 00:03:46,190

Now we're going to fly like a bird,

71

00:03:46,190 --> 00:03:49,020

so flapping your arms, nice and big

72

00:03:49,020 --> 00:03:51,420

like big wings

73

00:03:51,420 --> 00:03:53,670

and now I want you to try and skip around

74

00:03:53,670 --> 00:03:55,850

like you're flying in the air.

75

00:03:55,850 --> 00:03:59,703

So we're skipping and flapping your wings.

76

00:04:01,210 --> 00:04:03,321

Nice and big.

77

00:04:04,810 --> 00:04:07,070

Good, okay.

78

00:04:07,070 --> 00:04:08,550

Now we're going to play with our ball.

79

00:04:08,550 --> 00:04:11,089

So I'll get you to grab a ball,

80

00:04:11,089 --> 00:04:12,780

something like this.

81

00:04:12,780 --> 00:04:15,620

So, what I want you to try and do

82

00:04:15,620 --> 00:04:17,790

is see if your ball can bounce.

83

00:04:17,790 --> 00:04:21,890

So see if you can bounce your ball nice and high.

84

00:04:21,890 --> 00:04:24,483

Can you bounce your ball with one hand as well?

85

00:04:25,670 --> 00:04:27,273

Maybe try with your other hand.

86

00:04:29,940 --> 00:04:32,993

Good and big bounces, up and down.

87

00:04:34,690 --> 00:04:37,700

You could even try and throw your ball to mum and dad,

88

00:04:37,700 --> 00:04:39,090

see if they'll play a game with you,

89

00:04:39,090 --> 00:04:44,090

so throwing it to mum and then catching it again.

90

00:04:44,201 --> 00:04:45,034

Good.

91

00:04:45,034 --> 00:04:46,640

Holding your ball, I want you to see,

92

00:04:46,640 --> 00:04:49,560

can you throw it up in the air and catch.

93

00:04:49,560 --> 00:04:52,390

Give it a big throw and catch.

94

00:04:52,390 --> 00:04:55,710

One more time, and catch.

95

00:04:55,710 --> 00:04:56,653

Well done.

96

00:04:57,800 --> 00:05:00,950

So now, I want to cool our bodies back down.

97

00:05:00,950 --> 00:05:05,610

So can we start by rolling our shoulders nice and big

98

00:05:05,610 --> 00:05:07,740

towards the back,

99

00:05:07,740 --> 00:05:11,340

big circles and now coming forward,

100

00:05:11,340 --> 00:05:13,140

so we're rolling our shoulders,

101

00:05:13,140 --> 00:05:17,023

lifting them up and down and round in circles.

102

00:05:19,270 --> 00:05:22,320

Good, so now we want to stretch our body out,

103

00:05:22,320 --> 00:05:26,033

so first can we try and stretch down towards our toes,

104

00:05:26,970 --> 00:05:30,142

reaching down, holding this here

105

00:05:31,760 --> 00:05:33,680

and coming up.

106

00:05:33,680 --> 00:05:36,390

Good, now we're going to take a seat on the floor,

107

00:05:36,390 --> 00:05:39,273

come on down, let's sit with our legs crossed.

108

00:05:40,430 --> 00:05:44,030

So we're going to stretch our arms, twinkle those fingers

109

00:05:45,100 --> 00:05:46,860

and come back down.

110

00:05:46,860 --> 00:05:50,200

And again, reaching high, twinkle those fingers

111

00:05:51,580 --> 00:05:53,650

and come on down.

112

00:05:53,650 --> 00:05:54,720

Good.

113

00:05:54,720 --> 00:05:57,570

Well, well done here today

guys, you've done really well.

114

00:05:57,570 --> 00:06:00,180

Remember to stay active with your parents at home

115

00:06:00,180 --> 00:06:03,305

and think of lots of fun games that you can play together.