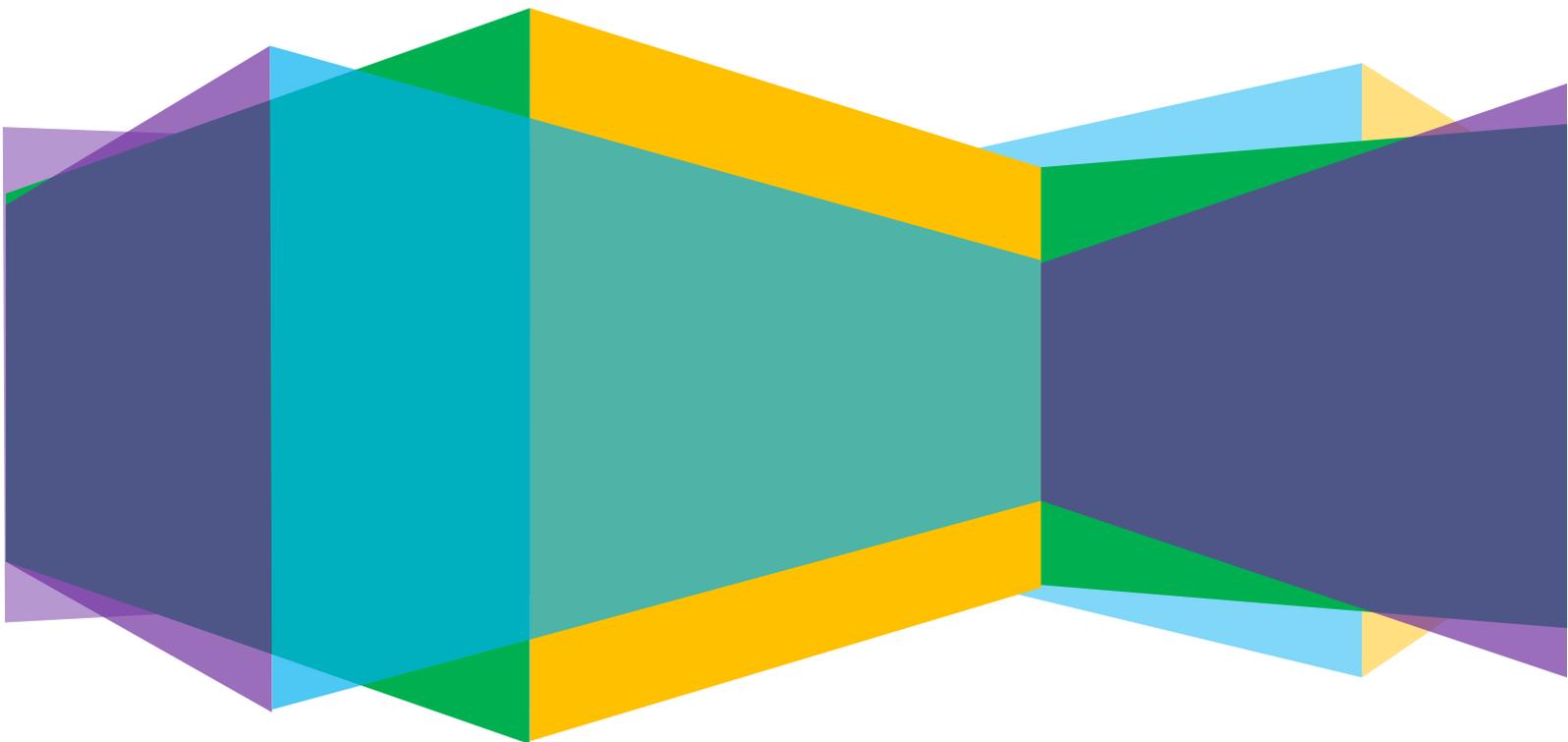




Active Wellbeing Guide

For Parents and Young People

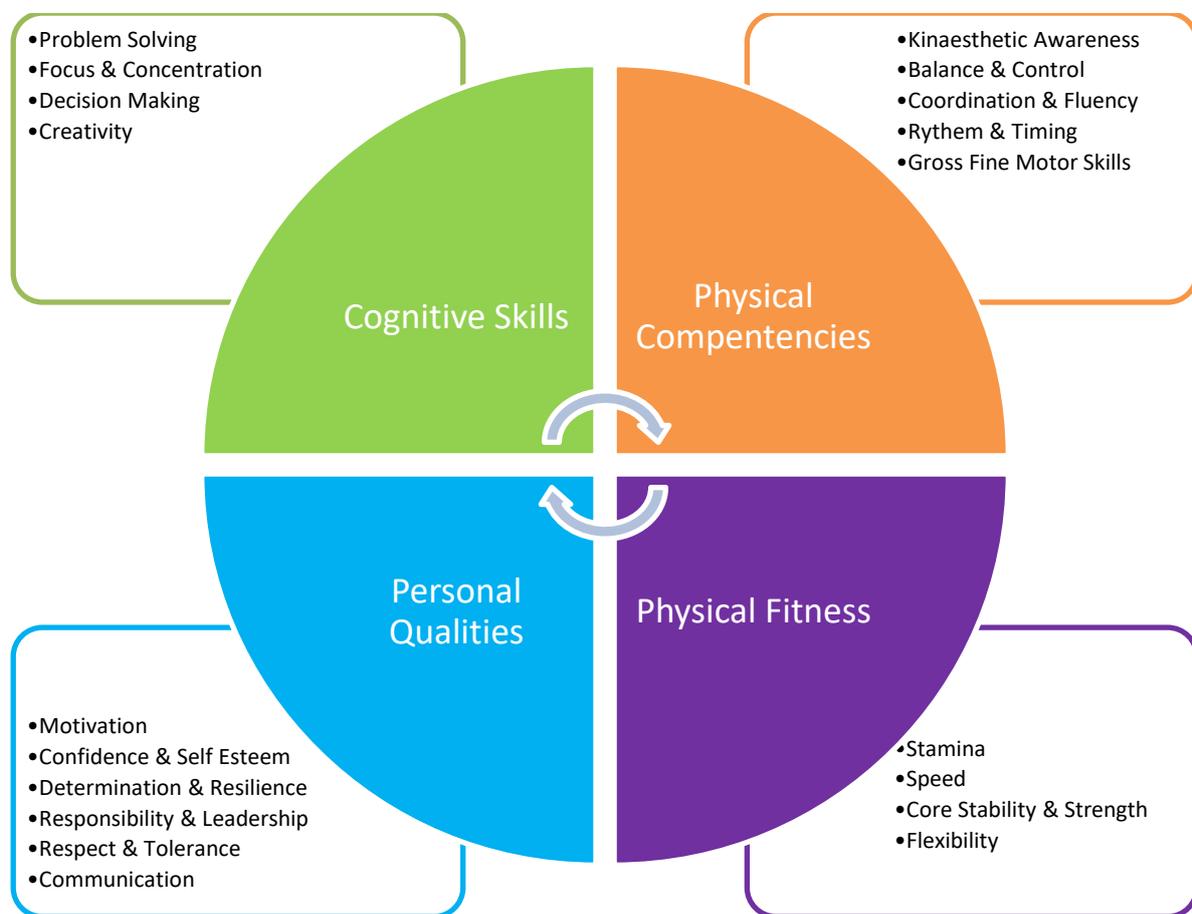
Girvan Academy



A message from the staff.....

There are many straightforward and easy ways we can positively impact health and wellbeing at home. This booklet provides simple and fun tasks which will help you to be more active at home during this challenging time. We encourage you to be creative and show innovation to come up with some ideas of your own. The tasks are broadly signposted to the **Significant Aspects of Learning** which inform the Benchmarks we use for assessment at S1-S3.

SIGNIFICANT ASPECTS OF LEARNING



Education Scotland

“Quality physical education is designed to inspire and challenge children and young people to experience the joy of movement. It should also develop positive attitudes to active living to enhance their quality of life. It will provide an important foundation for participation in subsequent experiences in physical activities and sport and in preparation for leading a healthy and fulfilling lifestyle.”

Problem Solving

MIND BLOCK - Mind block is a problem-solving game that requires a good memory and the powers of observation in order to succeed. Using Lego blocks the guests must replicate a pre-built Lego design after only a short viewing period, this sounds simple, but you will be surprised at the results.



Challenge each other to see who can replicate the shape within an allocated time to see who wins!

Be creative and use other everyday objects within the household to replicate and challenge each other!

Focus & Concentration

PHONE OBSERVATION-Using your mobile phone, record a short piece of film. Challenge a friend or family member to spot certain objects or happenings within the short film after it has been replayed back to them once. E.g.

- What colour of t-shirt was so and so wearing?
- What was the exact time the clock was showing?
- What did so and so say?
- Any other relevant ideas.

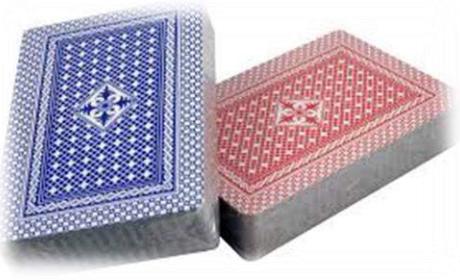


STOPWATCH CHALLENGE- Using the stopwatch function on your mobile phone see how many attempts it takes you to stop the timer on 10.00 seconds exactly. Every failed attempt re-start at 00.00 seconds. How close can you get with your eyes closed?

Decision Making

PAIRS- Using a deck of cards, lay them all face down on a flat surface in no particular order. The challenge is to take turns to flip over 2 cards each time that are matching. E.g. pair of kings or a pair of 3's etc.

If a pair has been matched, then that player will be allowed to turn until a pair has not been matched. The winner will be the player with the most pairs at the end of the game.



Make the correct decisions to gain as many pairs as possible!!

Creativity

SOCK BALL- Your challenge is to create a game or challenge (individual or team – depending on who is in the house) using a rolled-up pair of socks as a makeshift ball.



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Get as many people as you can to play and/or take up the challenge.

HALL BALL- Basically long shooty with a rolled up pair of socks for a ball. You need to have 2 goals facing each other (could be front door and bathroom door , a couch and 2 chairs – get creative). Player 1 throws the sock ball using a darts technique so the focus is on accuracy not power (**DON'T WANT TO BREAK ANYTHING!**) and player 2 tries to save it. If you are playing from a kneeling position, use a pillow to protect your knees. Make up extra rules/forfeits etc.

Kinaesthetic Awareness

Definition- knowing where your arms and legs, hand and feet, head, and so on, are and in what position without having to look at them.

Challenge a partner to stand on one foot with your eyes closed. Using your phone, video each other's performance to see who had the least amount of movement and who lasted the longest.



Challenge

- *Try different balances*
- *Try the exercise in between each advert of your favourite TV programme.*

Balance & Control

ON ONE FOOT- Stand on one foot and bend other knee, lifting non-supporting foot off floor without letting it touch standing leg. (Do this in a doorway so you can grab the sides if you start to fall.) Repeat with eyes closed.

AVERAGE TIME TO BEAT- *29 secs open eyes – 21 secs eyes closed*

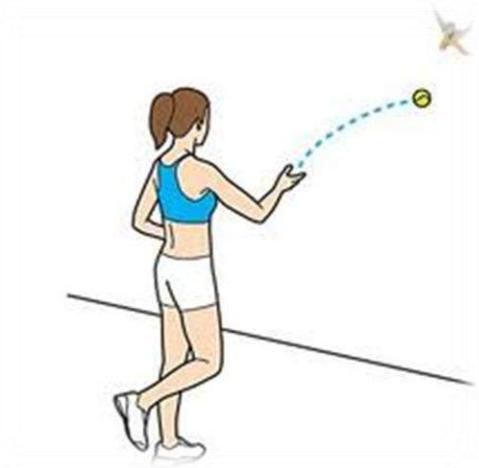
V SIT- Attempt to hold the V-Sit position in between every advert of the TV shows you are watching. Hold as long as possible.



Challenge a partner!!

Coordination & Fluency

ALTERNATE HAND THROW-Mark a short distance away from a flat wall to stand behind. (E.g. 1 or 2m) Using a soft ball such as a tennis ball, throw the ball against the wall from one hand to another. Can use rolled up socks if no tennis balls available.



Challenges

- *Mark a target on wall for accuracy*
- *Increase/ decrease distance for difficulty*
- *Set a time to complete as many successful catches as possible*
- *Challenge a friend*

Rhythm & Timing

PLAYING CATCH- Whether with friends or family attempt to throw a soft object to each other in beat with a song playing in the background. There could be a forfeit for the person who has the object at the end of the song. E.g. 5 press ups/star jumps etc....

Change the tempo of the song to increase the difficulty.



Gross/ Fine Motor Skills

Gross Motor Skills-Big movement's using large muscles such as arms, legs, torso and feet.

BALLOON KEEPY UPPY/SOCK KEEPY UPPY

- Try to keep a balloon off the ground using various parts of the body. You cannot use the same part twice in a row.
- Try to go from a standing position to one knee, 2 knees, on your bum, on you back roll over and back up in the same sequence without letting the balloon touch the ground.
- Using the rolled up socks again. See how many keepy uppy's you can do with the palms of your hand. Extra challenge – alternate hands!

Fine Motor Skills- Small movements using small muscles in the fingers, toes, wrists, lips, and tongue.

GUESS WHAT?

- Attempt to draw or act out (charades) bits and pieces to describe a book, film, piece of music

PUZZLES

- Use a page out of an old magazine; rip up into small number of pieces. Time yourself or challenge a partner to assemble the pieces back into its original form.

SHOELACE RACE

- Remove shoelaces from a pair of trainers/shoes. Race a partner to see who can get the trainer/shoe laced up first. Remember to agree lace up rules! If there's nobody to compete against time yourself for the 1st trainer and try to beat your time for the 2nd trainer.



Determination & Resilience

STARE OFF- With a friend, sibling or parent sit in a comfortable position to have a stare off without blinking. Loser blinks first!

PYRAMID- Using rolled up socks, see how many you can pile on top of each other.

PYRAMID- Using a deck of cards attempt to build a pyramid. Start with 5 cards and add more if successful.



- *Don't get frustrated*
- *Keep calm*
- *Focus*
- *Try again*

Responsibility & Leadership

RESPONSIBILITY-

- Check on Glow/SMHW regularly to keep up to date with schoolwork.
- Surprise your parents and take time to tidy your room without someone nagging you to do so.
- Take responsibility to surprise your parents by cleaning up the table after meals.

LEADERSHIP-

- Create a short itinerary/ timetable for a week or a month and display it for all to see.

E.g.

Who does the dishes, cooking, healthy eating ideas, helps with homework, shopping ...?



Respect & Tolerance

EARLY BIRD (RESPECT)- Try to be respectful to others by increasing the amount of times you say 'please' 'thank you' etc.

RESPECT



TV TIME (TOLERANCE)- Try to pay attention to as many TV programmes of others choosing as possible.

Give it a go- you might just like some!

Communication

TELL ME- Challenge yourself to speak about any topic for a set time without long pauses or particular words such as *like* or *ehhhhhh*. This will help improve your ability to speak in front of others and will develop into a valuable tool for the future.

MALLETS Mallet- In 3's. Two players face each other in competition. The other is the adjudicator holding a soft cushioned object such as a cushion. The two players facing each other must take turns to name topics such as films, songs, sporting teams or a short conversation. Any hesitation or repeated word results in the adjudicator hitting them over the head with the cushion.

**NOT TOO HARD! WE ARE TRYING TO RETAIN INFORMATION
NOT KNOCK IT OUT!**

Stamina

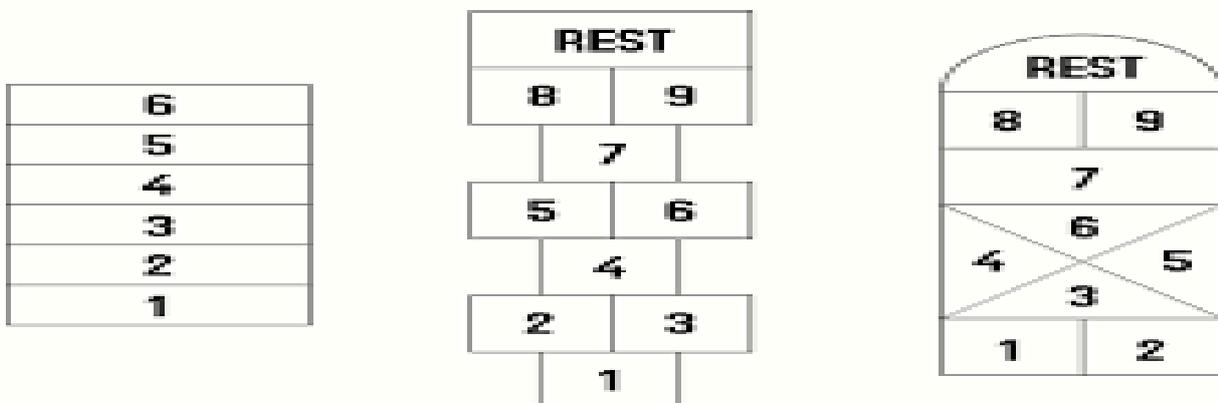
STAMINA SONGS- Carry out timed exercises throughout a song of your choice. Either by yourself or have a parent, sibling or a friend there to time each exercise. **How it works?**

- 1 song roughly 3-4mins
- Every 20 seconds change the exercise
- No rest between each exercise
- Increase time of exercise/ song length/ difficulty of exercises

Press Ups Sit Ups Star Jumps Lunges Hill Climbs
 Burpees Crunches etc.....

Speed

SPEED SCOTCH- Like Hopscotch but using both feet. Set a numbered pattern on the floor/ ground. Get from the start of the pattern to the end as fast as possible. Compete against parents, siblings or friends.



SPEED STEP- Count how many times you can step up onto one step and back down in 15 seconds. E.g. Right step up, left step up, right step down, left step down = 1.

Core Stability & Strength

CORE STABILITY- In between each advert of your favourite TV programme get into the plank position and hold until the show starts again.

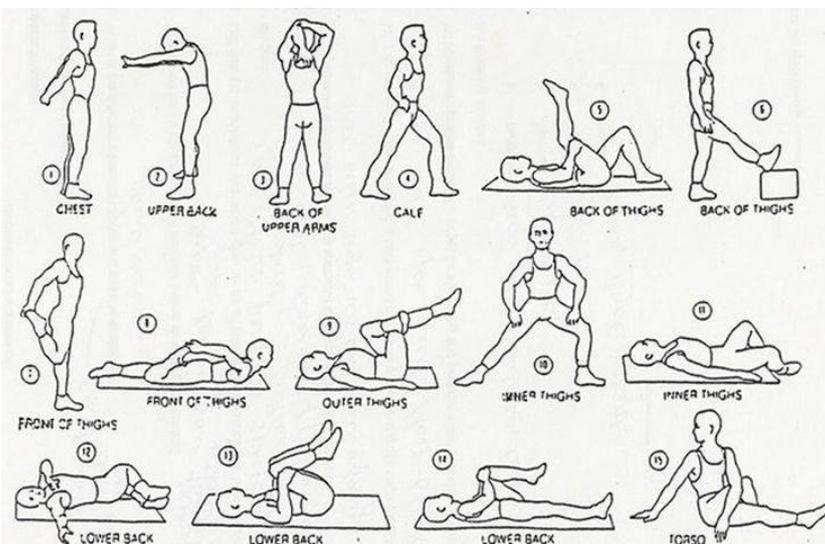


STRENGTH – Test your strength by counting how many triangle push-ups you can do. **Do not attempt the challenge unless you can do 10 standard press-ups.**



Flexibility

KEEP LOOSE- In between adverts, perform a range of stretches to keep the body supple.



Hold each stretch for
8-10 seconds and
repeat 3 times.

Glossary

BALANCE: Stability through an even distribution of weight. (Dynamic balance) – maintaining balance when moving.

CONCENTRATION: Exclusive attention for a period of time.

CONFIDENCE: A belief in your ability to complete a physical skill or task given.

CONTROL: The ability to manage your body and/or manipulate an object to achieve a desired outcome.

CO-ORDINATION: Smoothly and successfully performing more than one motor task at the same time e.g. ball, hand and eye coordination.

CORE STABILITY: The ability to support the spine and keep the body stable and balanced. It is essential for 'quality' performance and for completing manual tasks safely and effectively in everyday life.

CREATIVITY: The act of turning new and imaginative ideas into reality. Creativity is characterised by the ability to perceive the world in new ways, to make connections and to generate solutions.

DECISION MAKING: The ability to make the correct decision at the correct time (under pressure).

FLEXIBILITY: The range of movement through which a joint or sequence of joints can move.

FLUENCY: Movement, which is smooth, co-ordinated and effortless.

FOCUS: To direct one's attentions or efforts.

KINAESTHETIC AWARENESS: Your body's ability to internally feel movements such as body position/weight, muscle tension and centre of gravity.

LEADERSHIP: Guiding a team/group or individual e.g. leading a warm-up, taking on a specific role within a team, taking responsibility for completing a task etc.

MOTOR SKILLS: *Fine motor skills* - small physical actions e.g. manipulating the hands or the fingers. *Gross motor skills* - large physical actions e.g. running, skipping and jumping etc.

RESILIENCE: Viewed higher form of determination, it is the ability to overcome and/or recover quickly from adversity (difficulties) and not giving up.

RHYTHM: To produce movement at the correct tempo and flow. Rhythm creates the context for timing.

TIMING: Timing is the ability to perform an action at the correct moment in relation to the flow (rhythm) of the skill(s) being performed.

STRENGTH: The ability of a muscle or muscle group to overcome a resistance.

Healthy Lifestyle Bingo Challenge

Challenge your child to complete the lifestyle bingo chart. Once each of the tasks have been completed mark off with an .

If your child is successful and completes a line either vertically or horizontally then a reward could be awarded. You can use or change the examples.

EXAMPLE

MAY

Eat a piece of fruit every day for 1 week	Do not press snooze on your alarm for one week. Get up straight away	Do not have fizzy/energy drinks for 3 full days	Do not look at your phone while eating dinner	Do not eat crisps for 3 full days
Do not add salt or sauce to your dinner 3 days in a row.	Use your opportunity to get outside for fresh air every day.	Help with a chore at home	Do not eat chocolate or sweets for 3 full days	Brush your teeth one extra time per day for 1 week
Do not look at your phone after 9pm if at home	Get at least 9 hours sleep for 1 night per week	Wash your hands for 20 secs regularly throughout the day every day.	Drink 4 large glasses of water throughout the day for 1 week	Take deep breaths in through your nose and out of your mouth, for 2 minutes for 1 week
20 press-ups (or modified press-ups on knees) 3 days in a row	Eat no chips for 3 days	Do not play your computer past 9pm	20 sit-ups every day for 1 week	Add your own