

#together

youthsporttrust.org



Rediscover your summer

A guide to fabulous, fun activities for the whole family



Hello



We know that keeping children and young people active and entertained during the summer holidays can be quite a challenge. However, help is at hand... bursting with our favourite games, challenges and activities, this guide will not only banish boredom but also boost their health and wellbeing.

We all know the importance of exercise – it makes us feel better and improves our health and wellbeing and it does exactly the same for our children. In fact, Government guidelines state that children should be exercising for 60 minutes each day (and us adults for at least 150 minutes a week). During school holidays when many hobbies and activities come to a standstill, it can be tricky to come up with ideas to be physically active.

The good news is that getting active doesn't have to mean elaborate preparation, lots of equipment or involving the neighbourhood each time. It can be as simple as a bike ride, a walk or even a game of catch in the garden. Turn a walk to the park into an impromptu game of football by producing a ball when you get there (and jumpers for goalposts, of course).

There are plenty of activities that can be enjoyed by your child on their own such as skipping, jumping, timed activities such as racing up and down the garden, or some of our 60-second challenges (see right). However, if you can rope in friends, being active can take on a new dimension. Check out our [Active Board Games](#) and huge choice of [Garden Games](#) and you'll entertain the masses.

This resource guide wouldn't have been possible without Sky Cares staff volunteers so we'd like to say a big thank you for all the incredible work they've been doing.

From active days out to family challenges and games to get stuck into, you'll be spoilt for choice with our guide, so what are you waiting for?

Have fun!

The Youth Sport Trust team



GET PLANNING

Why not use our handy family planner to scope out weekly activities? From games with friends or a dog walk to a 60-second challenge or garden games, factor them all in and tick them off as you go!

In fact, why don't you make it a challenge to see who can be the most active in your family with a prize at the end?

↓

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	POINTS
Mum	yoga class	walk with Rex	Nature walk and picnic	go for run	walk with Rex	60 second family challenge	65
Dad	walk with Rex	Gym walk with rex	play football	walk with Rex	Gym walk Rex	60 second family challenge	54
Jayden	play football	Garden games with Adam & Lizzie	Nature walk and picnic	walk with Rex	walk with Rex	60 second family challenge	69
Susie x	play ball with Rex	walk with rex	Nature walk and picnic	netball	Garden games with Jenna and Louise	60 second family challenge	71 WINNER!!
Rex	2 x walks play ball with Suzie	2 x walks	Nature walk and picnic	2 x walks	2 x walks	2 x walks	68



60 SECOND PHYSICAL CHALLENGES

Perfect to get the blood pumping and everyone moving, take your pick from a variety of challenges such as hopscotch in a hurry, air balloons and climbing a mountain. Intrigued? Here are a couple of examples to try but there's plenty more online.

Take a look [here](#) for more ideas.

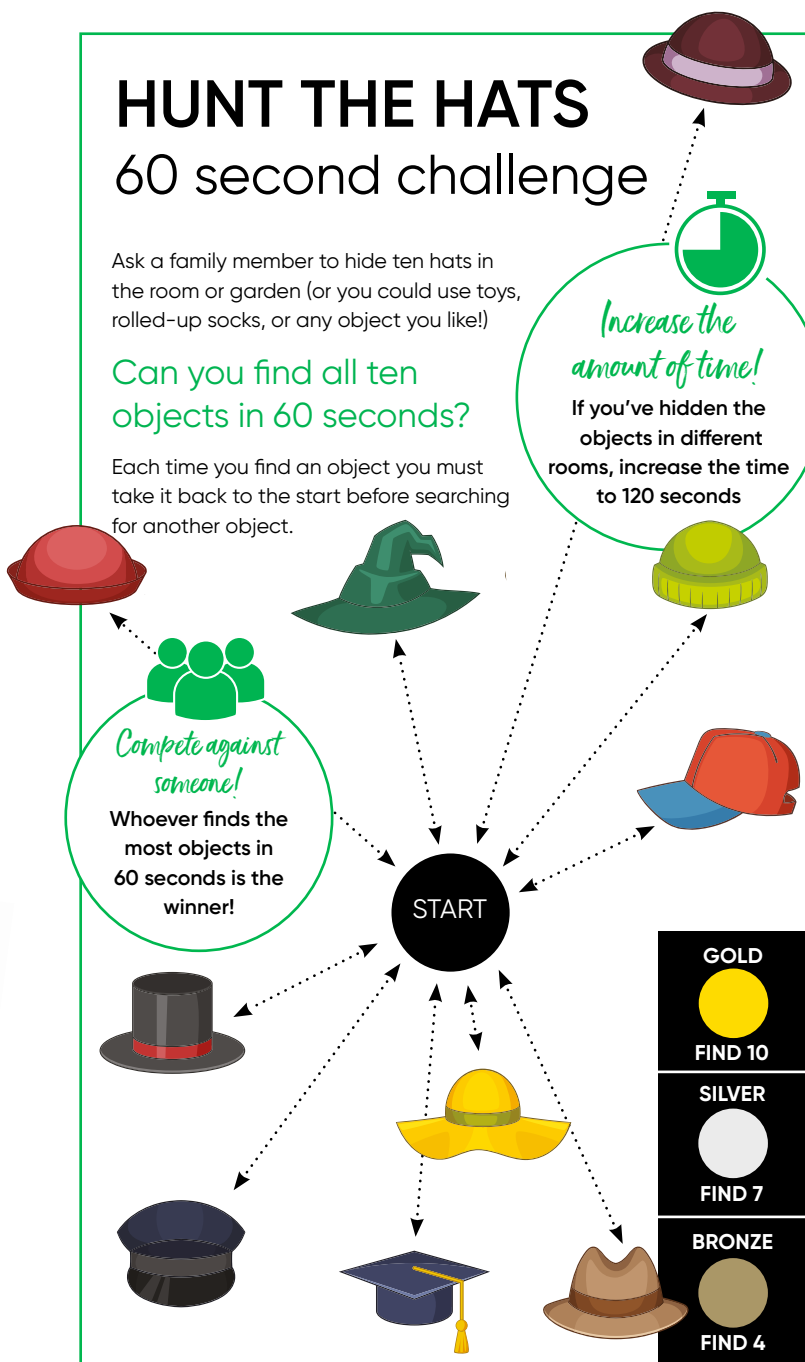


HUNT THE HATS 60 second challenge

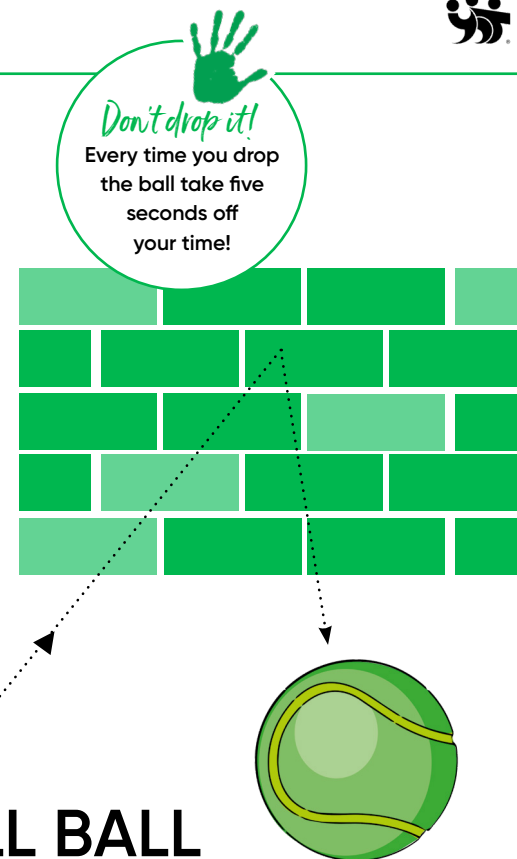
Ask a family member to hide ten hats in the room or garden (or you could use toys, rolled-up socks, or any object you like!)

Can you find all ten objects in 60 seconds?

Each time you find an object you must take it back to the start before searching for another object.



GOLD
40 CATCHES
SILVER
30 CATCHES
BRONZE
20 CATCHES



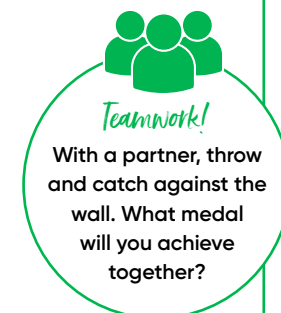
WALL BALL 60 second challenge

How many times can you throw a ball against a wall and catch it in 60 seconds?

Stand two steps away from the wall. If you drop the ball continue counting from where you left off.

If you don't have a ball, you can use a pair of rolled-up socks.

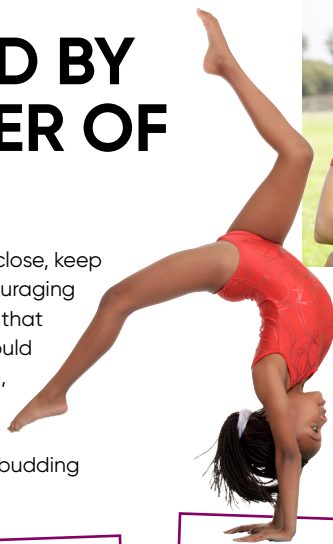
? Which skills do you think are needed for this challenge?



BE INSPIRED BY THE SUMMER OF SPORT

As the Tokyo Olympics come to a close, keep the passion for sport alive by encouraging your children to explore the sports that really struck a chord with them. Could they be the next Dina Asher-Smith, Jessica Gadirova or Tom Daley?

Here's some great ideas for those budding champs to get their teeth into.



Top tip

As well as competing against others, encourage your child to compete against themselves. Can they move quicker or complete more tasks in a set period of time? Working to improve their own results is a great way for them to connect to being their personal best which will improve their self-esteem and self-confidence.



Whatever sport your child loved watching, there'll be plenty of local clubs you could contact to find out more about open days and trial sessions



Standing Long Jump

- 1 Place a starting marker on the floor
- 2 Starting beside the starting marker on two feet, how far can you jump landing balanced on two feet?
- 3 Challenge a partner to see who can jump the furthest
- 4 If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?

Jump further!

Keep your head up, swing your arms and bend your knees when you land



Crawling
Make sure your hands and feet are touching the floor, spread your hands wide and keep your head and bottom down



Wacky Races

- 1 Make a start and a finish line.
- 2 Think of different ways you could move from the start to the finish. Can you move on your hands and feet? Can you crawl? Can you go backwards?
- 3 On your own, time yourself moving in different ways. What was the quickest way of moving and what was the slowest?
- 4 Have a Wacky Race against other family members. Who is the quickest in your family?

Table Tennis

- 1 Use a table (outside or inside) with books or cups to create a 'net'.
- 2 Get a small ball. Can you hit it over the 'net' onto your opponent's side using your hand?
- 3 Don't let the ball bounce more than once. If it does, your opponent wins the point.
- 4 The first player to score ten points is the winner.

Strike the ball low to high
Use the palm of your hand and hit the ball from underneath, pushing it up over the net



Throw Tennis

- 1 Mark out a tennis court. Use a rope as a net and socks as the court markers.
- 2 Can you underarm throw a ball over to your opponent's side of the court?
- 3 If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point.
- 4 Make sure you start the game by serving from the back of the court.
- 5 The first player to score ten points is the winner.



Be ready to receive
Are you on the balls of your feet? Make sure your hands are ready to catch!





LET'S PLAY

After more than a year of missed opportunities to play, it's no surprise that our children have desperately missed face-to-face interaction with their friends and extended family. What better this summer than bringing children together and introducing ways to for them to be active as a group?

There are so many resources that are perfect for groups of children to work as a team or compete against each other. Active Board Games are a brilliant way to bring together some of our most-loved traditional board games, including Snakes and Ladders, bingo and Connect Four. Check them out [here](#) and get ready for some friendly rivalry!

Whether you're in the garden, on the beach or at the park, our range of Garden Games are sure to be a hit with all the family. With Crazy Golf, Whizzy Frisbee, skipping games and a variety of trials and trails, these games are suitable for all ages and abilities and they're super easy to prepare – just click [here](#) to download.

Stay Active Staycation Survival Kit from YOUTH SPORT TRUST

#Together PAR FOR THE COURSE

Get outside and get creative this summer with these fun activities perfect for days in the garden, on a beach or at the park.

Crazy golf
What you need: boxes, hoops, string, cones, chairs and buckets to create a crazy golf course with bunkers and hazards, plus beanbags or balls to throw and a board or notepad for scoring.
How to play: once you've created a course, each player throws their ball. They work their way around the course, counting how many throws it takes at each hole to get the ball into the hole. You can even include additional penalty shots if you throw your ball into a bunker, just like the real golf! At the end of the course, add them together and the lowest score wins!

Whizzy frisbee
What you need: a frisbee or a plastic lid.
How to play: For away frisbee: in pairs, see how far you can throw the frisbee.
Target frisbee: make a large target with different scoring sections and see who can score the most in three or five throws.
Frisbee square: in groups of five, have four form a square and throw the frisbee around it while the remaining person runs around the square. How many throws can be made while the person runs five laps of the square?

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#Together SKIP TO IT

Jump with both feet at the same time, placed slightly apart. This is ideal for beginners to master before moving onto more advanced steps. There are so many techniques you can learn, so why not use them combined in a series to create a routine? Work with a friend and try to copy each other. If you both have ropes, you could do it at the same time.

Skipping is one of the easiest ways to get fit and stay fit while having lots of fun at the same time.
You'll need: a short rope and plenty of space.

Once you're skipping, think about how you can add some variation:
• Could you change direction?
• Try practising different moves such as crossing your legs or twisting from the knee.
• Could you introduce a can-can and heel tap into your routine?
• Try replacing a move with a freestyle of your choice and encourage others to copy you.

Stay Active Staycation Survival Kit from YOUTH SPORT TRUST

#Together SKIP TO IT

Jump over the rope in a variety of ways to test your memory and coordination.
You'll need: a long rope, an elastic loop, more than three participants and plenty of space.

Long rope
• Two people in the group are turners, while the rest are skippers.
• As the turners start to turn the rope, the skipper stands beside one of the turners and as the rope turns away from them, the skipper runs in and starts skipping as it clips the floor. Skip for an agreed number of jumps or an agreed time.
• You can make this harder by having one skipper jump in, then two, three and four until you're all skipping. Now try clapping, turning and hopping together!
• You can make it harder still by getting the skipper to try skipping with a short rope through the turning long rope!

French skipping
Two players stand about a metre apart and stretch the elastic round their ankles. The third player stands in the middle to skip, working through a series of jumps and steps. If they complete the sequence correctly, the elastic is raised from ankle to knee, then up to waist height.

Stay Active Staycation Survival Kit from YOUTH SPORT TRUST

#Together TRIALS AND TRAILS

These activities are perfect for groups of varying ages and abilities to work together as a team while having lots of fun!

Night ride
What you need: something to walk along, through or over, some rope or cord and a blindfold.
Remember: ensure there's enough space around all participants and encourage young people to support their partners physically.
How to play: create a trail using a rope or cord. Put on blindfolds and guide young people to the start of the trail. Follow the trail carefully, in silence, holding the cord. Use your other hand to feel for obstacles and make your way to the finish line.

Crossing the swamp
What you need: Any equipment to climb on or use as stepping stones such as pieces of cardboard or cushions.
Remember: it's not a race! Explain and manage the steps taken to ensure the group is safe. Recognise where any stepping stones are unable to support more than one member of the group at a time.
How to play: transport your team and the equipment to the other side of the swamp without getting their feet wet. If anyone falls into the swamp, you must return to the start. Finish with all the equipment on the other side.



With more than 350 free resources up for grabs, the Active Recovery hub is a must visit to keep children and young people active this summer.

You can filter by age, school type, and even the time of day, there's guaranteed to be something to that they'll embrace and want to return to again and again.

Visit the Active Recovery hub [here](#).





GET UP AND GET ACTIVE

Encouraging your children to embrace physical activity is a sure-fire way to boost their wellbeing and improve their physical, mental and emotional health so here's some top tips to get your little, and not-so-little ones, moving

Top 10 tips to boost your children's movement

1 Make it fun

Whether it's playing games the whole family can enjoy or finding a sport or activity that your child loves, making it fun is critical and makes it far more likely that they'll want to do it again.



2 Go Green

Visit a local park, woodland or common and watch them embrace the wide, open space. Whether you ride a bike, kick a football, climb a tree or play hide and seek, getting children into nature is a great way to boost everyone's mood.



3 Don't Drive

If you have plans nearby, why not leave the car behind? By walking, scooting or cycling, not only does the journey become part of the fun, but it's a great way to tick off activity without your children even realising.

Children aged 5-16 need to be active for at least an hour a day!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	POINTS
gym class	with the blue	fishies with the purple	go for it	with the blue	with the blue	all round family challenge	65
with the blue	Cyber with the blue	play football	with the blue	Cyber with the blue	Cyber with the blue	second family challenge	54
play football	with the blue	fishies with the purple	with the blue	with the blue	Cyber with the blue	all round family challenge	69
with the blue	with the blue	fishies with the purple	with the blue	with the blue	Cyber with the blue	all round family challenge	71
2 x with the blue	2 x with the blue	fishies with the purple	2 x with the blue	2 x with the blue	2 x with the blue	2 x with the blue	68

5 Plan a routine

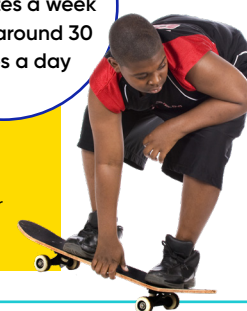
By building in activity, in whatever form, into each day, you'll face far less resistance than you would to an impromptu decision to go for a family walk. Create a family chart (see page 2 for ideas) and get your children's input into the activities they'd like to do regularly.

8 Mix it up

Change4Life has an app called The Fun Generator which you can use to find an activity guaranteed to please. You can select indoor or outdoor and the number of people involved, and bingo, it will generate lots of different games and activities for you to get stuck into.



Adults should be active for at least 150 minutes a week which is around 30 minutes a day



10 Let them take charge

Encourage each child to take turns in choosing an activity to explore at the weekend. Whatever they choose, the family must get involved. Remember to set boundaries around location, cost and difficulty though.

4 Involve the whole family

Children love it when adults get involved. Whether it's a family bounce on the trampoline, a game of tennis, football match, bike ride or a walk in your neighbourhood, there are plenty of options to delight everyone.



7 Try something new

From rock climbing to breakdancing, martial arts or diving, children love tackling a new challenge. Geocaching is a great way to turn a walk into an adventure, finding clues along the way and resulting in a prize – just remember to leave something for the next adventurer!

9 Inspiration strikes

If your children have been fans of this summer of sport, can you channel their interest into a particular sport? From skateboarding to judo, swimming to cycling, there's likely to be lots of clubs nearby that you could contact to arrange a trial session.