

# 20 **fit** and **fun** activities to do with your kids.

*Physical activities for the  
whole family to enjoy.*

COVID-19  
EDITION

eBook



**Spectrum**  
Fitness and Wellbeing

# Spectrum Fitness and Wellbeing

Become your best self

---

## 20 fit and fun activities to do with your kids.

We are living in challenging times. With social distancing rules now in place, many of our children's physical activities have been cancelled including team sports, dancing lessons, swimming lessons etc. We need to ensure our children remain physically active for their own wellbeing, while keeping them healthy and safe.

Here are my top 20 fit and fun activities you can do with your children. Please ensure you follow social distancing rules where appropriate.

### 1. Go for a walk

Need milk (or toilet paper – good luck with that!) from the local shops? Instead of grabbing your car keys grab your walking shoes! Kids love going for a walk because they can explore and feel free. Play 'eye spy' if you feel like they need extra stimulation.

### 2. Play chasing games

So easy, so effective. All I have to say to either of my children is 'I'm going to get you!' and they start running and squealing. This is a great way to get their heart rate up and yours too!

### 3. Jump and hop

This is as simple as it sounds. Ask your child to jump from one point to another, feet together. If you want to make it extra challenging, you can gently tie their ankles together with an old stocking or use a loop resistance band. Try again (remove the stocking or resistance band) and this time hop on just one foot, then swap. If you've got young children, try incorporating bubbles. Ask them to jump up and pop the bubbles.

### 4. Practice yoga poses

Children are so flexible! It's amazing what they can do. A few fun poses you can try include tree pose, downward dog and warrior pose. Just google these poses if you aren't familiar with them. Don't take this activity seriously, be silly and have fun with it.

0417 289 965  
sarah@spectrumfw.com  
Spectrum Fitness and Wellbeing  
ABN: 20 997 148 153



# Spectrum Fitness and Wellbeing

Become your best self

---

## 5. Practice imaginative play

Practice squatting and jumping like a frog, or walk on your hands and feet like a dog. Make the animal sounds together and you and the kids will be in fits of laughter!

## 6. Play running relays

Place a ball at one end of the yard, ask them to run to the ball, pick it up and bring it back to you, you then do the same. You can also practice throwing and catching the ball to develop their focus and concentration.

## 7. Create an obstacle course

Use old tyres, cones, sandbags or even washing baskets so they can practice jumping, skipping, jogging, and maneuvering around the objects. The variety will keep them interested and will challenge their agility skills.

## 8. Play tug of war

Get a long piece of rope, tie knots in it about a metre apart and then a knot at either end. Get the kids to stand on either end of the rope, holding the rope where a knot is and then pull! This activity is great for developing upper body strength and encourages team work.

## 9. Practice karate chops

Grab a pillow or towel, hold it out in front of you so they can 'chop' it with one arm. Get them to make a 'hiiiiii ya' sound for extra giggles.

## 10. Walk the tight rope

Use your tug of war rope. Lay it flat on the ground and ask your child to walk in a straight line alongside the rope very carefully. They should hold their arms out, in line with their shoulders, palms facing down, for balance. This activity helps to improve their focus and balance.

## 11. Try some strengthening and cardio exercises

Star jumps, wall push ups and bicep curls are easy and safe to do. To make things a little more challenging, give them water bottles to use as hand weights for the bicep curls – they'll feel super strong!



# Spectrum Fitness and Wellbeing

Become your best self

---

## 12. Play hide and seek

An old classic. Mix it up by asking your child to take exactly 30 steps and then hide. This encourages them to think quickly and to move around before they hide.

## 13. Create a scavenger hunt

Grab a bunch of random items from around the house. Create a list and then hide the items in the backyard. Provide the list to kids and give them clues. This activity certainly helps to get their steps up for the day.

## 14. Go for a bike ride

Grab the bikes and go for a ride. Bike riding is excellent for developing lower body strength.

## 15. Go swimming

If the weather is warm enough swimming is an excellent cardio activity and acts as a full body workout. Unfortunately, local community pools are out of the question now so if you don't have a pool at home, save this activity for next Summer when things are (hopefully!) back to normal.

## 16. Dance

Dancing is a fantastic way to get moving and is so much fun. Turn on your children's favourite songs and start grooving. Singing and dancing along to The Wiggles is great for young children. If your children are a little older and have their own taste, turn on their favourite tunes. And don't be afraid to play them your music. We like 90's tunes in my house. 'Push It' by Salt-N-Pepa is accompanied by some pretty creative dance moves from my 5 and 7 year olds!

## 17. Strengthen the core

Core strength is the development of the torso muscles which stabilize, align, and move the upper body. Core strength is vital for good posture, which is important for the development of fine and gross motor skills. Traditional planks, star planks, mini crunches and sit ups will all help to strengthen your child's core.

## 18. Do house or yard work

Get your children involved in house or yard work. Kids love having a job to do and being responsible. Get them to follow you around the yard with a bag to collect the leaves, or get them to help you wash the car. Every step counts!

0417 289 965  
sarah@spectrumfw.com  
Spectrum Fitness and Wellbeing  
ABN: 20 997 148 153



# Spectrum Fitness and Wellbeing

Become your best self

## 19. Skip

When was the last time you skipped? Try skipping around the park or your backyard and you will instantly feel happy – strange but true! If your children are a little older you can also try skipping with a rope. This is a great cardio activity and an excellent way to develop co-ordination and agility.

## 20. Go to the beach or for a bush walk

Going to the beach is a great activity for the whole family, if you can find a beach that is open. No opportunity to lay around on the sand anymore thanks to the recent antics at Bondi Beach! If you can find a beach that is open, try running on the loose sand, splash in the water, build sandcastles or explore the rock pools – there are so many different things that can keep the kids entertained. If going to beach is off the cards, how about you try a bush walk? There are lots of lovely local tracks (Rouse Hill Regional Park for example) that are kid friendly.

If you need guidance with your child's fitness please reach out.

In the meantime, please stay fit and well!



Sarah xx



Do you need support? Connect with me!

[spectrumfw.com](https://spectrumfw.com)

[sarah@spectrumfw.com](mailto:sarah@spectrumfw.com)

[facebook.com/spectrumfw](https://facebook.com/spectrumfw)

Copyright © 2020 Spectrum Fitness and Wellbeing. All rights reserved.

Please consult your health care professional before engaging in any physical activity. By participating in the above-mentioned activities, you agree to the [terms and conditions](#).

0417 289 965  
[sarah@spectrumfw.com](mailto:sarah@spectrumfw.com)  
Spectrum Fitness and Wellbeing  
ABN: 20 997 148 153



Spectrum  
Fitness and Wellbeing