



SPORT & PHYSICAL ACTIVITY IDEAS DURING REMOTE LEARNING

The COVID-19 pandemic has changed the way in which physical activity and sport can be undertaken at the present time, both at TAS and in the wider community. With all grass-roots club sports in the community being postponed until it is safe to participate again, a number of students and parents find themselves looking for a regular physical activity outlet for their families to safely take part in.

The benefits of physical activity are numerous, both benefitting the physical and mental health of each person partaking. We should all be aiming for 30 minutes of physical activity per day, remembering that everyday activities such as swimming at home, walking the dog or gardening are all perfect opportunities to be active. Where possible, minimise the amount of time spent sitting, and instead aim for a regular routine of exercise for extra health and fitness benefits.

The purpose of this information sheet is to provide you and your family with resources for a number of physical activities to participate in. Please remember to apply sunscreen during outdoor activities, wear a hat, and ensure that adequate hydration is achieved throughout the day. Observe all social distancing principles and regulations.

OUTDOOR PHYSICAL ACTIVITIES

- Walk your local walking track / path network
- Ride a bike or scooter
- Swimming in your own pool or local swimming hole (with supervision).
- Trampolining at home
- Flying a kite
- Set up an obstacle course in the backyard
- Skipping with a rope
- Hopscotch
- Bocce or bowling at home
- Racquetball or tennis at home- Practice ball striking
- Backyard cricket

ONLINE RESOURCES:

Cairns Hockey- Junior Skills Challenges:

<https://www.youtube.com/watch?v=hhsGnR2Q6HM&feature=youtu.be&fbclid=IwAR2cECgQcJ8-Pb0cG3TmnjfhzkUAkWym8vYYeu9gXBf0XA0wY3-32M2XQw>

Cairns Netball:

<https://cairnsnetball.net.au/2020/03/netball-qld-app-available-now/>

Football QLD Skill Hub:

<https://www.playfootball.com.au/skills-hub/players>

**PE with Joe:**

Live PE lessons at 9am Monday to Friday on this YouTube channel for children of all ages.
<https://www.youtube.com/playlist?lis>

Les Mills On Demand

www.lesmillsondemand.com- Offering a 60 day free trial for cycle spin classes.

Yoga and mindfulness for kids

<https://youtu.be/0ImHIWzP49M>

Movement and mindfulness videos created by child development experts-

<https://www.gonoodle.com/>

Kid-friendly workouts

Choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cool down for Kids, Stand Up and Move for Kids, OR create your own custom kid workout-
<https://app.sworkit.com/collections/kids-workouts>