

Exercise at Home - Nursery

1. Play follow the leader

You don't need any equipment to play. Let children take turns being the leader, directing the others to match their every move. Encourage them to get active by hopping, skipping, crawling, shuffling and using their imaginations.

2. Have a dance party

Pop in your favorite tunes, crank up the volume and get moving and grooving! Children can compete for the best dance move, or you can simply make up a dance to an entire song.

3. Online P.E. sessions

Search for PE lessons on YouTube. One popular one is 'The Body Coach'.

<https://www.youtube.com/user/thebodycoach1> - Joe Wicks Youtube channel offers a range of exercises and workouts suitable for children. He also does daily live stream P.E lessons at 9am your child can engage in.

4. Animal walks

Use your imaginations to come up with different types of animal walks! Imitate bears walking, or run fast like a cheetah. Waddle like a penguin, or pretend to swim through the ocean like a dolphin.

5. Make an obstacle course

Using couch cushions, pots and pans, and plenty of other household objects, construct an engaging and challenging obstacle course. Children can climb under blankets stretched between the couch and coffee table, or they can somersault across the living room. Take this kind of play outside if you want more room to move around.

6. Clean-up race

What could be better than fun exercises for children that benefit both their bodies and your house? Pick a room or assign the whole house and see which child can clean up the most. This exercise is practical enough that you could employ a “clean-up race” in your children's rooms every day.

7. Go for a walk

When safe to do so, you can venture outside to get some fresh air and go for a walk. Make sure you stay well away from other people around you. This may be walking to the park or around the streets near your house. Getting fresh air and sunshine is good for you.

8. The Bean game.

Explain different ‘Bean’ actions to children. Call out a bean action and children need to be that bean/do the action. Different actions could be:

Runner Bean- run carefully around a space or on the spot.

Broad Bean- stand still and have arms and legs stretched out straight.

Jelly Bean- wiggle bodies.

Jumping Bean- jump around.

9. Simon Says.

Try to make this game as active and as fun as possible, combining aerobic and stretching activities. Change directions quickly, some suggestions are jog on the spot, lift knees high, run around the room changing directions, skip around the room, touch your toes keeping legs straight, five tuck jumps on the spot etc.

10. Shadows.

Stand opposite another person. One player leads and moves in any way they can think of within their space. The other player follows. Change leader.