



# SUMMER FAMILY FUN

## Summer Family Fun Tip Sheet

Place this sheet up on the fridge and pick a couple of activities to complete each day.

Fitness Bingo do it at HOME					
Walking Lunges	Star jumps x10	Modified side plank, Rest on elbow and inner knee hold for 10-20 switch	Step ups how many in a minute	Chair aerobics Sit down, stand up, touch the ground and walk around	High Knees on the spot 10 reps 5 sets
Skipping with rope or without	Running on the spot arms in the air moving them forward and back	Wall Squats	Stand up, sit down on a chair	Seated Bicep curls with tin cans	Burpees
Walk/jog down drive way, on way back pick up pace	Leg and arm extensions on hands and knees	Chair Dips	Wall press ups x10	Leg Cycling	Punch the air forwards and upwards
Bottom Kicks flick heels up on the spot.	2 feet jumping over a line	Face a wall walk your hands up as high as you can and down as low as you can	Seated Star Jumps	Thigh taps with hands, as fast as you can for 1minute	Star jumps x 20

### Dice Surprise

Lets get rolling, roll the dice and wait for the surprise.

#### Equipment:

1 dice a small one from a board game or purchase a large one from your nearest \$2 shop

#### How to play:

- Associate a different movement, activity to each number on the dice
  - Example 1= 20 star jumps 2= Run and touch a tree 3= skip to the letter box 4= jump forward and backwards over a line 30 times 5= leap frog around the lawn 6= High knees on the spot.
- Don't be afraid to make up your own activities.



# SUMMER FAMILY FUN

## To the middle

On your marks, get set RUN!!! The race is on to see who is the fastest in your family, an activity designed to get everyone huffing and puffing while creating some friendly competition.

### Equipment:

An object to grab e.g. pillow, shoe, ball

### How to play:

- Place the object in the centre of your lawn, this is the item that everyone is competing to grab.
- As a family decide which object or activity you must complete before going in to grab the object.
- Ideas may include
  - Touch 2 trees, touch the letter box, 20star jumps, touch the side of the house

## Water FUN relays

Looking for a fun way to cool down? Try out these refreshing activities in a relay style.

### Equipment

1 empty bucket or ice cream container and one filled with water, plastic cups, t-shirt (items needed for one team, depending on teams how many you will need.)

### How to play:

- Place your filled container with water 5metres away from the start(rough estimate make sure there is some distance)
- Have the empty container by your team at the start, have one cup per team.
- Aim is to run out with your cup fill it with water and run back to your team holding the cup above your head.
- When you reach your team pour the remaining water from the cup into the empty container.
- Instead of using a cup you could use a T-shirt. Get a large t-shirt run out to the water dunk it in the water and put the T-shirt on, run back to your team, take it off and ring the water out into your container.
- Team with the most water wins.
- Get creative with the objects/items you use to get the water from one end and change the way you move to get the water e.g. crawling, skipping, jumping.



**TIP!** Summer is a great time to get out there and active! Gather your family and make the most of the warmer weather by having a go at these outdoor activities:



Huff n puff, have fun and be active every day:

- ✓ Adults need 30 minutes or more
- ✓ Children need at least 1 hour

Remember – KIDS LOVE TO PLAY! Help make active play a part of their day.

[www.sportwaikato.org.nz](http://www.sportwaikato.org.nz)

© Sport Waikato, 2012