

Be Active At Home Brimbank



Activities suitable for children aged 0-12 years

What you will need:



A ball



Chalk



Drink bottle



Comfortable shoes

Wall Catch

Start by standing opposite a wall. This could be in or outside, but preferably a flat wall.

Use your writing hand to throw the ball against the wall and catch with the same hand.

Challenge 1: Use your writing hand to throw the ball and non-writing hand to catch

Challenge 2: Use your non-writing hand to throw and catch the ball

Challenge 3: Stand on one foot while throwing and catching the ball



Juggle

Either sitting or standing, use your non-writing hand to throw the ball into the other hand, a bit like a juggle with one ball. You can then place the ball back into your non-writing hand and do it again.

Challenge 1: Once you catch the ball in your writing hand, try throwing it back to the other hand

Challenge 2: Throw the ball high into the air and catch it again

Challenge 3: Throw the ball high into the air and try and clap once before catching it again



Chalk Circuit Fun

You could use a concrete space to make up your own obstacle course.

Draw a start line and then draw some activities to follow.

You could try:

- Hopscotch
- Frog Jumps
- Spinning
- Fast run
- Balance line



Be Active Brimbank is a Brimbank City Council initiative to help you find and participate in physical activity.

If you haven't exercised in a while, you should progressively increase the intensity of the exercises. If you feel unwell stop exercising immediately. If you continue to feel unwell, seek medical assistance. The exercises provided are generic and not based on your individual needs. Please seek the help of an accredited professional for a tailored exercise program. Contact your local GP to find out about services that you may be eligible for.

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Hot Potato

You will need at least two people to play this one. Grab a ball and throw and catch it between the people playing. The ball is hot though, so make sure you don't hold onto it for very long.

Challenge 1: Get everyone to throw and catch with only one hand

Challenge 2: Get everyone to stand on one leg and balance

Challenge 3: Each person has to say the name of the person they are throwing to before they throw the ball

Dance Party

Turn on your favourite music and have a disco party in your lounge room, garage or bedroom. You could try some of these games too:

- **Freeze:** Get one person to stop the music during a song and everyone else has to freeze (no moving!) on the spot.
- **Make up a dance routine** to a song and perform it to a parent, grandparent, carer or sibling







Mini Workout

Create an exercise circuit in your house or backyard. There are lots of exercise you can do using just your body. You could try:

- **Lunges:** Keep your upper body straight, and step forward with your right foot first and then lower your hips until both your knees are bent. Step your right foot back and try with your left foot.
- **Squats:** Stand with your feet hip-width apart and slowly lower your bottom just like you are about to sit down. Straighten your body upright and repeat 15 times.
- **Star Jumps:** Stand with your feet together and arms by your side. Jump slightly in the air bringing your legs away from each other and your hands to above your head. In a quick motion, bring your legs and arms back to the starting position.



Be Active Brimbank can be discovered here:

-  Pick up a Be Active Physical Activity Guide at your local Brimbank Council Customer Service Centre
-  Call Brimbank Council on **(03) 9249 4000**
-  Visit www.brimbank.vic.gov.au/BeActive
-  Follow [@BeActive Brimbank](https://www.facebook.com/BeActiveBrimbank) on Facebook