

Lockdown Physical Activity Ideas

Below are some ideas to keep you active during Lockdown. Some require internet access. Take part in activities every day to keep your mind focussed and your body healthy.

Internet Based Activities

- GoNoodle - <https://family.gonoodle.com/>
- Fitness Blender, a range of fitness sessions for all levels - <https://www.fitnessblender.com/>
- Cosmic Kids Yoga - <https://www.youtube.com/playlist?list=PL8snGkhBF7nhEc52y4C1S9yqiBQSLCmT4>
- Pop Sugar Fitness - <https://www.youtube.com/user/popsugartvfit>
- Basketball Drills with Mebourne United - https://www.youtube.com/channel/UC07ZOai3DO8i_hlCnZ6fYsQ
- Netfit Netball Drills with Netball NZ - https://www.youtube.com/watch?v=9OYQ3xrlWvY&list=PL2Aou2kkLXCFVOQJ0hl06-obfoQ-sEt_n&index=10
- NZ Football (soccer) Drills - <https://www.youtube.com/playlist?list=PLgZQEBCVs0JxhaR33DNAX5QbZVmqO1u>
- NZ Rugby Drills - https://www.youtube.com/watch?v=pZB-6kl_440

No Need for Internet for these great activities

- Scavenger Hunt – Create a scavenger hunt, for you and your family, of things to find around the house. Then race round and find them.
- Hop Scotch – Using chalk, tape or sticks draw up or create a hop scotch and challenge your family.
- Create a family dance to your favourite music
- Obstacle Course – create an obstacle course out of furniture or play equipment. Then time yourself going through it. Can you beat your first time? Challenge other members of your family.
- Throw a ball/kick around in the yard. Or roll up a bunch of socks into a ball and play passes with that.
- Tag games outside or in.
- Go for a walk or run around the block.
- Got balloons – Keep three balloons up with one hand for as long as possible. Use a rolled up newspaper as a bat and play balloon tennis or softball.
- Play battle ships with your family – use a couch or chairs with a blanket over. Split into two teams and position yourselves on the floor on each side of the couch. Throw a soft ball or rolled up newspaper over the couch without looking. You are trying to hit a person in the other team. If they get hit they are out.