

Get active!

Linked to our main Feature, these activities are designed to involve young people in physical activity and games.

1 Warm-up exercises

Aim: to prepare people for physical activity, minimizing the risk of muscle injury.

Circling

- Stand feet apart, arms by your side with space around you.
- Wiggle your toes around and around
- Lift foot off the floor and circle it round and round, five times one way and five times the other. Do the same with your left foot.
- Circle your knees five times one way and five the other. Repeat a few more times
- Circle your hips again five times one way round, five the other
- Repeat with your waist, keeping the rest of your body loose, but still
- Repeat with your upper torso, shoulders, arms, neck, finishing with your head.
- Finally shake your body to 'shake it all out'

Running on the spot

- Start running on the spot in slow motion, hardly lifting your feet off the ground
- Very gradually increase speed, raising your feet higher and higher
- After a while start to swing your arms
- Finish by 'shaking it all out' and relax for a couple of minutes by lying quietly on the floor and breathing slowly in to the count of four and out to the count of four

3 Balloon popping contest

Aim: To provide a fun break from concentrated activity, group energiser.

You will need: enough balloons for the group (and a few spare!)

Divide participants into two equal groups. About 25 yards away place two bags of over-inflated balloons in several colours. At the sound of a bell or whistle, the first two relay contestants, one from each team, run to the bag, and remove one balloon. Each must sit on it until it pops. Once the balloon pops, the players run back to the starting line, and tag the next player in line. The first team to complete the course wins. Not a quiet game, but a guaranteed favourite!

2

Twelve days of fitness

Aim: cardiovascular activity in a fun setting.

Group members act out the following fitness song – or devise their own version to act out.

On the first day of fitness, my trainer gave to me.

12 Jumping Jacks

11 Raise the roofs

10 Knee Lifts

9 Side Stretches

8 Jogs in Place

7 Jabs and Punches

6 Kicks to the front

5 Hula Hoops

4 Jump ropes

3 Muscle Poses

2 Scissors

1 Stork Stand

The activities on this page are taken and adapted from The Accreditation Toolkit. This versatile toolkit gives workers lots of ideas and examples for planning, delivering and evidencing learning in preparation for accreditation. The Accreditation Toolkit contains over 100 activities and discussion ideas, methods and templates for recording evidence. Young people's participation in the planning of their challenges and the evaluation of learning is integral to the publication. Available in print and as a download. **visit** ▶ for more information and sample pages.

