
Keeping our Children Active at Home

At Jersey Sport we are committed to inspiring an active island and encouraging people of all ages and abilities to move more each day.

With the current Coronavirus (COVID-19) pandemic, we're all adjusting to a new way of life with many people now working from home and attempting to home school their children.

During this time, it's important to stay as active as possible, so we've pulled together a few ideas and tips to help children and young people to work on all aspects of physical well-being – even if they don't like sport or can't get outside into a big space.

Keep all exercise and activity simple, fun and manageable - there's no need to overcomplicate things.

Balance Games

Balance is a fundamental skill which forms the basis of movement in most sports, as well as everyday activities. Once you have a basic level of balance skill you can advance to more complex moves. For example, standing on one leg and kicking a ball with the other. Luckily for us humans, balance is pretty easy to improve and results are usually seen relatively quickly.

Here are some video links to exercise routines that focus on balance exercises for kids and grown ups:

<https://www.youtube.com/watch?v=-VNqE8tV2GE>

<https://www.youtube.com/watch?v=kK9MQ0x5IDs>

Our Quick Coaching Tips:

- Focus on a fixed object when balancing
- Try to keep your body tense
- Use your arms to help you balance

Co-ordination Games

Sitting inside all day and rarely taking part in sport or physical activity will lead to a regression in co-ordination. Co-ordination is more than simply 'hitting or catching a ball', it also relates to how we control and manoeuvre our body.

We've listed a few links below to videos that can help to stimulate and improve both body and hand to eye co-ordination. The shape or the size of ball you use doesn't matter, even a crumpled piece of tin foil will suffice! Aim to use both sides of the body to see an even greater improvement.



<https://www.youtube.com/watch?v=hbqKH6fDxd4>

<https://www.youtube.com/watch?v=yuVkkhpiHTA>

https://www.youtube.com/watch?v=gekmBkd4-_Y

Our Quick Coaching Tips:

- Keep your eye on the ball
- Make your catching zone as big as possible
- Don't snatch at the object

Flexibility Games

We are at the peak of our flexibility powers during childhood, however, just like a car, if we don't service them regularly, their powers lessen (especially in the case of boys). During sedentary behaviour over a sustained period (as may happen during a COVID-19 lockdown scenario), our muscles are at the greatest risk of injury. Below are some fun and engaging games which are easy to do. Never worry about looking silly – you're looking after your body and setting yourself up for a healthier life.

<https://www.youtube.com/watch?v=dnwHDN6Dw7Q>

<https://www.youtube.com/watch?v=oc4QS2USKmk>

https://www.youtube.com/watch?v=_DnIDT-cCNE

<https://www.youtube.com/watch?v=5L40uW2ej04>

Our Quick Coaching Tips:

- Breathe out as you stretch
- Don't hold a stretch that hurts
- Release a stretch slowly

P.E. with Joe Wicks

Daily 30-minute P.E. workouts with The Body Coach, Joe Wicks:

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTI>

Fun games for all areas of physical well-being

We understand that parents, grandparents and child carers are likely to be busy working from home and may not be able to dedicate specific time to helping their children get active. The activities listed in



the video links below are fun based and less focused on development. They can be adapted to suit any age (and yes mums and dads, you can have a go too!).

<https://www.youtube.com/watch?v=KG3AO6IJ4BQ>

<https://www.youtube.com/watch?v=jfUriLCkE3U>

<https://www.youtube.com/watch?v=Pmqjsu2LGH4>

<https://www.youtube.com/watch?v=JTa75n-iai8>

<https://www.youtube.com/watch?v=MNC3ukSqGAU>

https://www.youtube.com/watch?v=6xwiTa_xVIM

<https://www.youtube.com/watch?v=JWTyO8nPkOQ>

<https://www.youtube.com/watch?v=Z5VMThf0sM4>

<https://www.youtube.com/watch?v=oc4QS2USKmk>

Please note, always listen to the guidance of the coach in the video, follow any instructions properly and ensure you exercise in a safe space, with appropriate clothing and footwear.

For further information and ideas on how to keep your children active, please visit:

<https://www.movemore.je/how-to-move-more/move-more-children/>

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