

PE at Home:

Quick and Easy Activities to Develop Skills, Exercise and Have fun,

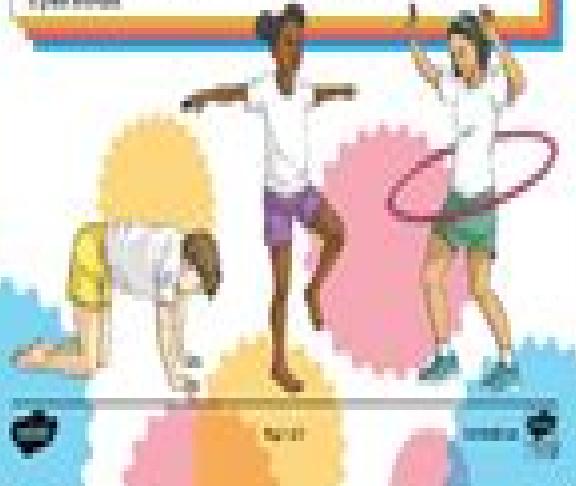
(Ages 9 - 11)

looking for some exciting and simple activities to help your child develop skills, get active and have a great time!

These ideas are perfect for children 9 to 11 - they're all easy to set up and will keep your child entertained for hours!

Smart Tips

- ask your children's teacher if your child has an ability to move quickly during these activities. Encourage them to offer and encourage them to try again.
- while these activities are designed to be fun and active, always make sure the environment is safe. If you feel unsure, supervise and make sure that the space is free from hazards.
- have as many as the activities. You will naturally make a mistake, but you can use a great example.



10 Activities to Try at Home



1. Balloon Volleyball

Get out a ball using string or even a piece of tape and blow a tight group of balloons (about 5). Then have a balloon version of a ball, making the game slower and more controlled for younger players. Plus, it's a great way to get kids moving and improve hand-eye coordination.



2. Hula Hoop Fun

Get a few large hoops or hula hoops. Everyone needs the a hoop and the other person throws the hoop over your or legs, which you position like a ring. It's a great way to get everyone moving and improve coordination.



3. Balloon Prop Relay

Get as many balloons and get them in your child's arms. The challenge here is to pass the balloon (no without letting the balloon pop). This activity is brilliant for leg strength, balance and agility.



4. Backward Running Challenge

Have a race where the goal is to run backwards! This creates running style differences between, coordination and general movement while offering a great workout.



5. Spider Crawl

Challenge your child to crawl around the garden or living room like a spider in all fours with their back flat and arms and legs extended. It's a brilliant full-body exercise that builds strength and flexibility.



6. Tag of War with a Twist

Instead of a traditional tag of war use a large rope and have each player try to drag the other to a specific spot. The twist? They have to keep one leg while doing it! This adds an element of balance and strategy to the game.



7. Human Hula Hoop

Have your child work with family members or friends to build a 'Human Hula Hoop' by linking arms, while trying to support the structure. This activity improves balance, teamwork and communication.



8. Modified Obstacle Course

Set up an obstacle course and have your child complete it while balancing. Include items with varied textures to offer visual stimuli. You can let them rely on their intuition or make it a race to see who's the fastest way to complete their special exercises, trust in others, and communication.



9. Time Travel Running Race

Choose different routes, such as running a different time period. For example one station could be Victorian when they run like a peasant, and another could be Victorian when they're in long robes. Encourage your child to think of creative ways to make whatever it is in the style of an ancient Egyptian or a Victorian afternoon. You know their creativity while they're having fun!



10. Balloon Race

Instead of using a regular balloon, use a large, light-colored balloon. This adds an element of challenge to the race, as the balloon will move around and be harder to catch.

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Rehabilitation of Musculoskeletal Injuries Peggy A. Houglum,Kristine L. Boyle-Walker,Daniel E. Houglum,2022-11-17 Rehabilitation of Musculoskeletal Injuries Fifth Edition With HKPropel Online Video presents foundational concepts that support a thorough understanding of therapeutic interventions and rehabilitative techniques Accompanying video demonstrates challenging or novel rehabilitative techniques The Cognitive Neuroscience of Working Memory Naoyuki Osaka,Robert H. Logie,Mark D'Esposito,2007 Working memory has been one of the most intensively studied systems in cognitive psychology It is only relatively recently however that researchers have been able to study the neural processes might underlie working memory leading to a proliferation of research in this domain The Cognitive Neuroscience of Working Memory brings together leading researchers from around the world to summarize current knowledge of this field and directions for future research An historical opening chapter by Alan Baddeley and Graham Hitch sets the context for the subsequent chapters The scope of the book is exceptionally broad providing a showcase for cutting edge research on all contemporary concepts of working memory using techniques from experimental psychology single cell recording neuropsychology cognitive neuroimaging and computational modelling The Cognitive Neuroscience of Working Memory will be an important reference text for all those seeking an authoritative and comprehensive synthesis of this field Eliminate Fatigue and Unlock Endless Energy: How to Boost Productivity with Simple Lifestyle Changes Silas Mary,2025-02-11 Feeling drained and exhausted isn't normal it's a sign that your body and mind need an upgrade This book reveals how to eliminate fatigue skyrocket your energy levels and sustain peak performance throughout the day You'll discover simple yet powerful lifestyle adjustments that optimize your sleep nutrition and daily routines for maximum vitality Say goodbye to mid day crashes and low motivation Learn how to fuel your body for sustained energy build resilience against stress and maintain high performance productivity without relying on caffeine or stimulants Whether you're an entrepreneur a busy professional or just someone who wants to feel unstoppable this book will teach you how to take control of your energy and thrive

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