



**Young Brent**  
Foundation



**LOTTERY FUNDED**

We advise our readers to open this document with the "Acrobat Reader App" for a better user experience of all the interactive elements included. Free to download here: [\*\*Acrobat Reader\*\*](#)





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# Our Family Portrait

Who is in  
your family?

## Our Favourite Family Activity

Which activity  
do you like  
most?



# Introduction

## What is FunFit Families?

**Welcome to the FunFit Families Programme! FunFit families is all about getting young people, children and their parents, grandparents and carers more active, healthy, enjoying exercise and moving.**

This resource gives **families in Brent** more ideas and opportunities to be active. Being creative with sports and activities is a great fun way to spend time together whilst getting fitter and healthier. Through this resource we hope to help you fit physical activity into your busy schedules each day and make it part of your everyday routine.

The Chief Medical Officer guidelines (2019) are for **5-18 year olds** to be physically active for an average of **60 minutes a day**, spread out across the week and for **adults** to do **150 minutes a week**.

To set you a **realistic goal**, we will assume most young people are active for 30 minutes during school time. So, our goal for you **as a family through this resource is to build in 30 minutes of physical activity a day outside of school time and have a go at building in an hour at the weekends**. We know this is a tough challenge but this resource will help.

**We hope that you enjoy getting more active together as a family.**





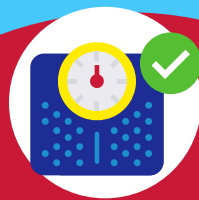
# The BENEFITS of regular EXERCISE as a FAMILY



**Increased Self  
Confidence**



**Bond as  
a Family**



**Healthy  
Weight**



**Strong Heart,  
Bones + Body**



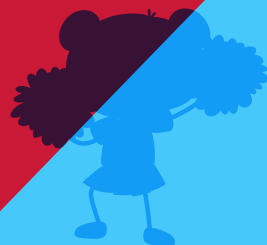
**Better  
Concentration  
at School**



**Less Anxiety  
+ Stress**



**Feeling  
Good**





# Physical Activity Guidelines

For more information about the benefits of physical activity for adults, children and young people, please click on the links below from the UK Chief Medical Officer.



[Click here](#)



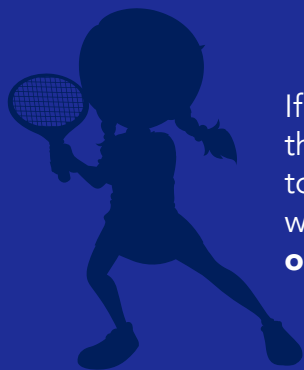
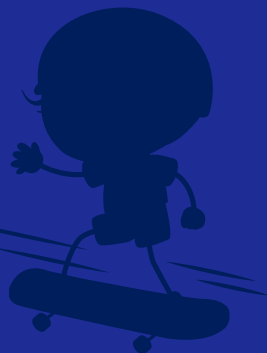
[Click here](#)

Source: UK Chief Medical Officers' Physical Activity Guidelines, 2019



# Getting Started

**We're going to start wherever you are.** Some members of your family may be more active than others, but we're starting this journey together simply at the beginning.



If you and your family would like to experience the benefits of being physically active, and want to work towards better health and wellbeing, we want you to think about this; **change will only occur if you do something different.**

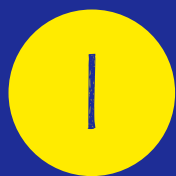


When working on a new physical activity programme, you, your family and your instructors will work through the following principles:



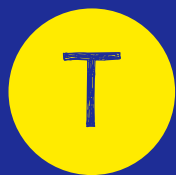
.....Frequency

How often you do something



.....Intensity

How hard you do something



.....Time

How long you do something for




.....Type

The type of activity you are doing







# How to know you're working hard enough...

**...HEART  
BEATING FASTER  
THAN NORMAL**

**...LOSS OF  
BREATH**

**...FEELING  
WARM OR  
HOT**

**...SLIGHTLY  
UNCOMFORTABLE  
AT FIRST, BUT NOT  
PAINFUL**

**...MAYBE  
A LITTLE  
SWEATY**





# GOAL SETTINGS!



What's your motivation?

A large, empty white rectangular box intended for writing a motivation.














## We're setting you a challenge...

**30 minutes** of moderate intensity activities a day and more at the weekend if you can! This can be spread out with more one day and less on another! We know it sounds a lot, but this guide is here to support you. We don't expect you to start with the full amount each day, 2 times a week at first, increasing to 3 times, 4 times and so on. **You will gradually build up yours, and your family's confidence, know-how and motivation to get active!**



# Build it up!








Tick off your activity days below and don't forget to save your progress!

<div> <div>TARGET</div> <div> <b>2x30mins</b>            (30mins of activity, twice a week)         </div> </div>			
WEEK	1	2	3
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			



# Keep it up!
















Tick off your activity days below and don't forget to save your progress!

<div> <div>TARGET</div> <div> <b>3x30mins</b>            (30mins of activity, 3 times a week)         </div> </div>			
WEEK	4	5	6
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			



# Keep it up!

Tick off your activity days below and don't forget to save your progress!

<div> <div>TARGET</div> <div> <b>5x30mins</b>            (30mins of activity, 5 times a week)         </div> </div>			
WEEK	7	8	9
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			



# Keep it up!

Tick off your activity days below and don't forget to save your progress!

<div> <div>TARGET</div> <div>7x30mins</div> <div>(30mins of activity, 7 times a week)</div> </div>			
WEEK	10	11	12
MON	YES!	Great Job!	Shine ON!
TUE	Great Job!	THE BEST	YES!
WED	GOOD JOB	Shine ON!	Great Job!
THU	Shine ON!	YES!	High Five!
FRI	High Five!	BRILLIANT!	GOOD JOB
SAT	BRILLIANT!	GOOD JOB	THE BEST
SUN	THE BEST	High Five!	BRILLIANT!







# Let's Get Moving!

Out & About

Fitness & Exercise

Sports & Games

## REMEMBER

The long term goal is to incorporate **30 minutes** of physical activity into your **daily routine**, this can be made up of a 30 minute block, or broken down throughout the day in **5, 10 or 20 minute chunks**.

Or, if you're counting steps the aim is **6,000, 8,000 or 10,000** throughout the whole day, if you achieve this then you'll get to check off a box on your reward chart too! Don't forget if your children can build even more in at the weekend then that's the ultimate goal!

## Guide to Activities

Most activities will have a guide next to them indicating the time the activity will take, the intensity of the task and how many people can take part.

### INTENSITY



Easy



Medium



Challenge

### TIME



Short



Medium



Long

### PEOPLE



Solo



Pairs



Groups



The background of the image features three black silhouettes of people engaged in physical activity. On the left, a woman is shown in a running pose, her body angled forward with one leg pushing off. In the upper right, a child is captured mid-swing with a golf club. In the lower right, another child stands on a stationary exercise bike. A large, semi-transparent light blue circle is centered over the image, containing the text 'Out & About' in a white, hand-drawn style font.

# Out & About



# ON YOUR FEET!

## Walking



Easy



Short



Solo



Walking really is the perfect way to stay active as a family (if you ask us!), you can fit it in practically anywhere, all ages and abilities can join in, and....it's **free!**



### TIPS FOR MAKING WALKING EFFECTIVE:

- Walk fast enough so you feel slightly out of breath
- Choose a route with hills for added intensity
- Pump your arms as you walk, you'll feel like an Olympian
- Pick out routes that are interesting, or explore new areas in your neighbourhood
- Use a pedometer, or your phone to track your steps, the big goal is 10,000 steps a day

**Start where you are, and build it up.**



# Hikes

Did you know that hiking is basically just walking, but for a long time? You can pretty much hike anywhere, and London is a great city to walk around in.

**A series of walking routes have been put together by Brent Council which you can find here. TfL also have suggested routes all over London.**

## Gladstone Park

This big park has kilometres of pathways to walk around. A walk all the way around the park is actually more than **5km!**

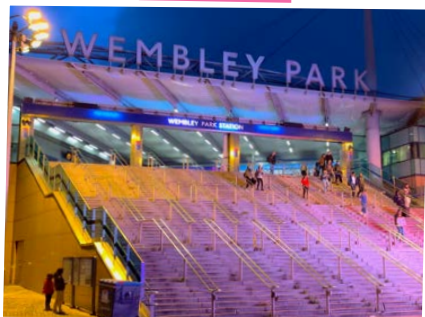
Start going straight over the park, over the big hill in the middle! Say “hi” to the ducks in the pond, or let the kids play in the park and head back.



## Explore Wembley City

**Wembley Stadium** is an iconic fixture in Brent, and the area has changed so much over the past few years. Why not explore this new neighbourhood by walking the podium around Wembley Stadium (it's **1km!**), or climbing the **48 steps** going up to the stadium near the Sir Bobby Moore statue at the bottom of Olympic Way, or even exploring the many children's play parks in the area.

Just check event days before you head down there, as it can get VERY busy!





# The Welsh Harp

Also known as the **Brent Reservoir**, is an amazing place to go and get you steps in as a family. Originally built in the 1830s and one of London's oldest artificial lakes, the Welsh Harp is 170 hectares of open water, marshes, woodland and grasslands.

The area is also a **Site of Special Scientific Interest (SSSI)** and is recognised as a Local Nature Reserve (LNR). There are a variety of walk trails ranging from **25 minutes to 90 minutes**, regardless of how long you spend walking you will be guaranteed to spot some interesting wildlife. At times it doesn't even feel like you're in London anymore!

[Welsh-Harp.pdf](#)

[Brent Goes Wild - Toolkit](#)

## WELSH HARP RESERVOIR WALK

### Short walk 25 mins (return)

From the car park follow the black line (—) to Point 2, then return along the red line (—).






### Medium walk 50 mins (return)

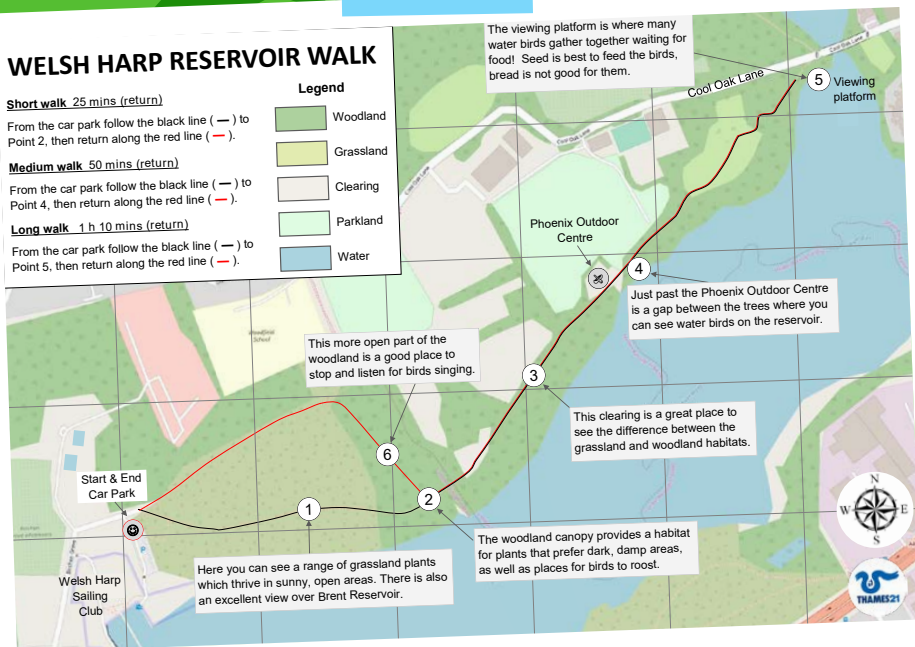
From the car park follow the black line (—) to Point 4, then return along the red line (—).

### Long walk 1 h 10 mins (return)

From the car park follow the black line (—) to Point 5, then return along the red line (—).

#### Legend

	Woodland
	Grassland
	Clearing
	Parkland
	Water





# Jogging & Running



Yes, we know.... Hard, uncomfortable...and dare we say boring? These are words that may come to your mind if you're not a runner. Don't worry, we're not suggesting you sign up for the marathon (yet), we're saying sprinkle **some light jogging and bursts of running into your family walks to increase the intensity.** Like with all things, the more you do it, the better you become at it. And you never know, you may end up loving it!

Here's some links you might find helpful:

[Couch to 5k](#)

[Park Run](#)

[SATH](#)



## TIPS FOR JOGS AND RUNS

- Start incorporating 30 second jogs into your walks
- Run until you're out of breath, walk to catch your breath
- Set a 'pacemaker' in your family, who has to speed up for a while and the others have to try and catch them
- Make it into a game, for example everyone has to jog or run as far as you can every time you see a tree, a pigeon, a bus...anything!
- Running is quite high in impact, a good pair of trainers will certainly help



# Wheely Wonderful

## Cycling



Easy



Short



Solo

Cycling is a magnificent way of getting around and a lovely family activity opening up possibilities of endless days out and adventures.

Brent, and the whole of London, are really putting in a lot of resources and measures to make our city a cycle friendly city. From hire bikes to cycling routes, there's never been a better time to saddle up!

## FREE CYCLE LESSONS FOR ALL!

Cycle Instructor run individual and group lessons for children aged 9 and over, and adults in Brent.

For absolute beginners, to level 1, 2, & 3 Bikeability.

Go to [www.cyclinginstructor.com/brent](http://www.cyclinginstructor.com/brent) for booking & info.

## Cycletastic

Cycletastic are based in Kilburn at the **Cycletastic Shed Streatley Road NW6**. They offer **Free Dr Bike sessions** to help you DIY service or repair your bike for basic repairs. Larger repairs are booked with a paid bike mechanic.

Cycletastic also have second hand bikes and parts for sale and have a stock of new bike parts. Visitors to the shed are asked for a £5 minimum donation if they receive help with their bike and asked to pay for parts and labour for larger jobs. Further information and updates at: [cycletastic.org.uk](http://cycletastic.org.uk)



# TfL Santander Cycles

I think for many of us these bikes will forever be called “**Boris Bikes**”! If you live more near the South of the Borough; Kensal Rise, or Kilburn you won't be far from a docking station.

These bikes are really easy to hire via a bank card or downloadable app.  
Go on, be a tourist for a day and cycle around town!

## FREE Learn to Ride

**At the Granville Community Centre**  
140 Carlton Vale NW6 5HE

Booking essential:

[info@cycletastic.org.uk](mailto:info@cycletastic.org.uk)







## Brent Breeze

A friendly group of women who enjoy cycling. Join us for **fun, free women-only bike rides** in and around Brent. Sign up to this group to receive notifications of our Breeze rides. Please Like our Facebook page @BreezeRidesBrent Website: [www.letsride.co.uk/groups/breeze-brent](http://www.letsride.co.uk/groups/breeze-brent)

## Try a Bike for FREE

If you are thinking of picking up cycling, try a bike from just £30 a month – accessories included. **Try Before You Bike** is a council subsidised scheme that allows anyone who lives, works or studies in the borough to try out a new or nearly new bike for a monthly fee. The fees are then refunded if you choose to buy the bike. **Pedal My Wheels** has an offer that's flexible, affordable and supportive. Monthly prices start from:

- £30 for adult bikes
- £75 for electric
- £20 for kids bikes
- £200 for electric cargo bikes

The fees include insurance against theft and damage, essential accessories like lights, lock and a helmet and free delivery to your door by a cycling expert who will help get you started.



**Cycling is great...if you're confident....  
know how to ride a bike....and have a bike**

**But, if cycling isn't  
for you...**

**That's ok, there are other sets of wheels to get you  
moving, incorporating these activities into your daily  
life will up your activity levels as well as build up your  
confidence to wheel around!**



**SKATE/  
LONGBOARDING**



**ROLLERBLADE/  
ROLLERSKATING**



**SCOOTING**



**Chalkhill Open Space**



**Roundwood Park Annex**



# Brent Parks

We're actually really lucky here in Brent, we have an abundance of parks and greenspace compared to other London Boroughs. We really should make the most of them; they're free, fun, and on your doorstep!

## Gibbons Recreation Ground

Bridge Rd, NW10

- Childrens playground
- Football pitches
- Grass playing area
- Outdoor gym
- Multi-use games area
- Walk/run paths

## Roundwood Park

Harlesden Rd, NW10

- Childrens playground
- Multi-Use Games Area
- Annex with grass
- Playing area + skate park
- Outdoor gym



## Gladstone Park

Dolis Hill Lane, NW2

- Childrens playground
- Outdoor gym
- Lots of court space
- Pitches + grass playing areas
- Very hilly - good for walks
- Park run

## Queens Park

Kilburn, NW6

- Childrens playground
- Walk/run paths
- Lots of open grass space
- Pitches + grass playing areas
- Tennis Courts
- Woods for a mini hike



# ACTIVE PLAY

- Allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength.
- Is when your child is being physically active, with moderate to high intensity bursts of energy.
- Freedom to physically explore their surroundings; walking, running, crawling, climbing.



For more Brent based parks and information, go to:  
**Parks, Leisure and Healthy Living | Brent Council**





# Exercise & Fitness



**Fitness** is a general term used to describe a good state of physical and mental wellbeing, which in turn supports you to live your best life!

There are different components of fitness and in this section we'll start off by looking at **stamina**, **muscle strength** and **flexibility**.

All these activities are designed to be done at home, in the garden or anywhere really. You can do them as a family, or individually, and require minimal equipment! Just don't forget to make a note of who's done what for your progress chart.

---

# Stretching

## TIPS FOR EFFECTIVE STRETCHING

- **RELAX!**
- Breathe into the stretch
- Suck your tummy in
- Hold each stretch or pose for 15-20 seconds
- The stretch should feel slightly uncomfy, but never painful



# Stretching & Yoga Inspired Activities



Easy



Short



Solo

1

## Stand up

Roll shoulders forwards 5 x and backwards 5x. Next bring your elbows into rotation 5 x forward, 5x back. Finally, bring your whole arm into the rotation, making big circles with your arms.



2

## Side Bends

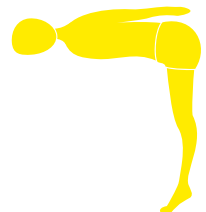
Stand feet shoulder width apart, hand by your side and face forward. Gently reach your right hand down your right leg as far as you can and hold. Repeat on your left side.



3

## Table Top

Stand feet shoulder width apart and put your arms straight above your head. Gently 'fold' your upper body keeping your hips still. Fold as far as you can, so your back looks like a **table top**!





4

## Tree Pose

Stand with your feet slightly apart and put your hands palms together in front of your chest. Gently raise one foot off of the ground keeping your balance. As you become more confident, put the sole of your foot on the inside of the other leg.



5

## Warrior Pose

Lunge one leg in front of the other planting your feet firmly in the ground. Lift both arms straight above your head. To make this harder lift your back foot off the floor whilst keeping your balance!



6

## Superhero Pose

Stand feet shoulder width apart, put one hand on your hip, and the other straight out in front of you. Lift the opposite leg off the floor and kick it back...think **Super Man or Woman!** Alternate sides.



7

## Sit Down, Cross Legged

Or back on your legs; bum to heels. Try and sit like this for as long as you can. If you can't sit crossed leg on the floor yet, sit on some cushions or rolled up blankets to support you.



8

## Downward Dog Pose

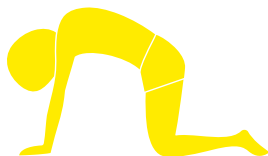
Start with your hands and feet flat on the floor. Gradually walk your hands out so your bum is in the air. Tuck your head in and hold.



9

## Cat and Cow Pose

On your hands and knees gradually sink your belly button towards the floor, then pull it in and push your back towards the ceiling and repeat.



10

## Chest Out/Back Back

Link your hands together in front of you and push your back, back! Then try and link your hands behind your back and push your chest out.

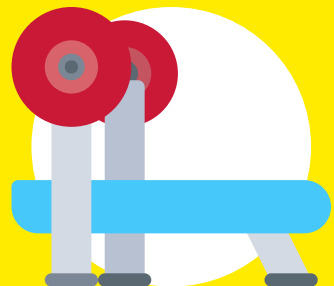




# TIPS FOR EFFECTIVE EXERCISE

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- Choose one exercise for each part of your body, so one for the arms, the tummy or back and legs or bum
- Try to repeat each exercise 15-20 times, or until you start to feel it get harder
- Don't rush through the exercise until you are confident in doing them, good form is better than how many you do
- Keep a good posture by tucking in your tummy, keeping your back upright and looking ahead
- Complete each exercise to the count of 2 seconds up, and 2 seconds down
- Control your breathing
- Put some music on and **have fun with it**





# Toning & Muscle Strengthening Exercises



Easy



Short



Solo

## 1 Biceps Curls

Holding a can, tin, or bag of pasta. Start with your elbows by your sides and your hands out, palms facing up. Bring your wrists up to your shoulders and back down to where you started.



## 2 Sofa Dips

Using a chair or your sofa start by sitting on the edge of the seat with your hands flat on the seat next to your hips. Carefully slide your bum forward and off the seat and down towards the floor (not touching the floor) keeping your hands still but extending your arms.



## 3 Back Raisers

Back raises, lie on your front on the floor with your hands by your side. Gently, lift your upper body off of the floor as far as you can keeping your hips on the floor, then lower yourself down again.





## 4 Scissors

On your back (putting your hands underneath your lower back if you need support), raise your legs off the floor from your hip. Your legs should be together and straight out, from here move your legs out and in like scissors. Once comfortable overlap your legs slightly and alternate which one goes on top.



## 5 Love handle blast

On your back with your legs bent but feet flat on the floor, slide your upper body left to right on the floor trying to touch the back of your heels.



## 6 Squats

Legs shoulder width apart, bend your legs to sit on an imaginary chair, then return to your start position.



## 7 Calf Raisers

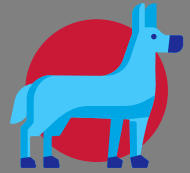
Start with your feet flat on the floor slightly apart with your hand on your hips for support. Go up on your tip toes as high as you can and return to the start position.





## 8 Donkey Kicks

Start off on your knees on all fours. Lift your right leg up with the sole of your foot facing the ceiling, pulse your leg up and down so that you're squeezing your bum cheek. Repeat on the left side.



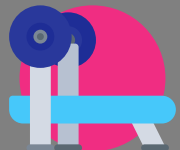
## 9 Lateral Raises

Holding a can, tin, or bag of pasta in each hand. Start standing up straight with your feet slightly apart and your arms down in front you. Your wrists should start facing your legs. Raise your arms, keeping them straight, up to shoulder height and back down.



## 10 Chest Press

Hold a tin or bag of rice in each hand, lie on your back with your feet on the floor and legs bent. Start with your hand by your chest and gently push both arms out being careful not to lock your elbows straight. Bring your arms back down to your chest and repeat.





# Heart Raisers



Easy



Short



Solo

1

Star Jumps



2

Jogging on the spot



3

Shuttle walk/  
jog



4

Up and down  
the stairs



5

Jumping/  
hopping



6

Crawl...like a  
bear or a spider



7

Head, shoulders,  
knees and toes



8

Sit down,  
stand up



9

Skipping



10

Shadow  
boxing





# TIPS TO MAKE YOUR WORKOUT EFFECTIVE

---

- Fit one or more of these exercises randomly throughout the day.
- Do them in the commercial breaks when you're watching TV, or once the dinners on whilst you're waiting for it.
- These exercises should increase your heartrate.
- You should feel your **heart beating faster**, and once it is, keep up the momentum by having minimal breaks between exercises.
- You don't need to do them all at once.
- Start off by doing 30 second bursts and gradually increase the time.
- Put some music on and **have fun** with it.



# Dancing!

---



There are no rules!

**Just feel the music and move your body!**

**Dance is such a fun way to connect with your body and each other.**

## Dancing tips

- Choose at least 3 of your fave songs (perhaps a mix of kids and parent choices!) and just keep moving, each song is around 3 minutes and by the end of the playlist you would have been moving for nearly 10 minutes.. winning!
- Have a dance battle, dust off your best moves. Get in a circle with everyone two-stepping, then take it in turns to go in the middle of the circle to show your best moves for 1 minute.
- Create a routine with a few different actions and put it together for a count of 8, just like the professionals!
- Play musical statues, chairs or bumps.
- Have a theme, move like... a jungle animal, superheroes, or James Bond.
- Use gymnastic ribbons to spice up your movements.
- Choose an action song like The Cha Cha Slide or the Hokey Cokey.

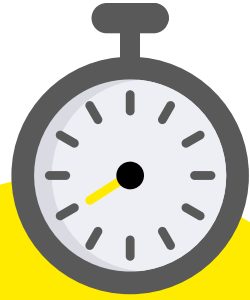


# Circuits

---

## Try this:

- Choose any 6 of the activities in this section (include a minimum of 2 heart raisers).
- Do each one as hard as you can for 30 seconds, with a 30 second 'rest' in between.
- Repeat 3 times.
- Put your favourite song on, watch something that will motivate you, or cheer each other on to keep you going!





The background is a solid orange color. Overlaid on this are several white and yellow silhouettes of children in various active poses. A large yellow circle is positioned in the center, containing the text. To the left, a child is shown in a running or jumping pose. To the right, a child is holding a ball. At the bottom, a child is holding a tennis racket. A large white circle is also visible in the upper left area.

# Sports & Games



# Active Games

---

## TAG (Touch And Go)

1

There are so many variations of TAG! Here are some of our favourites, but feel free to use your fave **Family Tag, Freeze Tag, Amoeba Tag.**



Medium



Medium



Groups

**EQUIPMENT:**  
**None**

---

## River, Tree, Bank

2

- In pairs stand opposite each other.
- A ball on top of a cone is in the middle of the two players.
- The commander shouts river, tree or bank.
- River - bend down towards your toes, tree - arms swaying above your head, and bank means grab the ball!
- Increase the intensity by having the players jog on the spot in between actions, or adding different command movements such as jump or fast feet.



Easy



Short



Pairs

**EQUIPMENT:**  
**Balls and cones**



# Opposites

3

- Players are moving in random around a playing area.
- Every time the commander gives an action the players must do the opposite, for example '**right hand** touch the floor' would be **left hand** touch the floor.



Medium



Medium



Groups

**EQUIPMENT:**  
**None**

# Frogs and Lillypads

4

- Lay out a selection of hula hoops (lillypads) in the playing area.
- Players (frogs) must jog around the area pretending to swim until the leader says '**Lillypad**'.
- The frogs then have to find a lillypad to jump and squat down on.
- To make it harder take away a hula hoop in each round so frogs have to be really quick to get on a lillypad!



Medium



Medium



Groups

**EQUIPMENT:**  
**Hula Hoops**



# Simon Says

5

- The old playground classic, players only move when the commander says '**Simon says...**'.
- Make sure all the actions are a little bit active!



Medium



Medium



Groups

**EQUIPMENT:**  
**None**

---

# Mirror Mirror

6

- In pairs face each other.
- One person is the '**mirror master**' and makes body movements.
- The other person **must copy or 'mirror'** the movements.
- For the first try, stand facing your partner with a small space between you.
- As you wave your arms, jump, step, wiggle, bend or otherwise move, your partner must try to "mirror" your movement.
- After your partner has imitated you for a few minutes, let your child be the mirror master.
- Get as jiggy as you like, and use movements such as hopping, jumping, spinning, skipping, and running on the spot!



Easy



Medium



Groups

**EQUIPMENT:**  
**None**



# Tails

7

- Someone is the '**fox**', the other player/s are the '**rabbits**'.
- The rabbits tuck a bib into their pocket, or their waistband.
- The fox needs to catch the rabbits' tails.
- Once all the tails have been caught, switch foxes.



Challenge



Medium



Groups

**EQUIPMENT:**

**Bibs**

# Rats and Rabbits

8

- Players stand next to each other in pairs, shoulders touching, in the middle of the area.
- Use cones to put a line straight down the middle, and mark out a large area if there are no walls or lines.
- One player is a **rabbit** and the other is a **rat**.
- When the commander shouts '**rabbit**' the rabbits run to their right towards the line, the aim is to get there before the rat tags them.



Medium



Medium



Groups

**EQUIPMENT:**

**Cones**



## 9

## Pass the Dutchie!

- Stand back to back with your partner.
- Pass a ball or beanbag side to side between each other keeping your backs together.
- Switch directions and speeds.
- Progress to passing over your heads and under your legs.
- Use all four movements randomly, calling over, under, left, right!



Easy



Medium



Pairs

**EQUIPMENT:**  
Ball or Beanbags

## 10

## Keepy Uppy

- Have a balloon each, or between you all.
- Don't let the balloon touch the floor!
- You can use any part of your body to keep the balloon in the air.
- Progress to only using one part of your body at a time, for example just your knees!



Easy



Short



Solo

**EQUIPMENT:**  
Balloon



# 11

## Obstacle Course

- Incorporate a variety of movements such as jogging, crawling, rolling, lunging, jumping, skipping or hopping.
- If at home create your own course using anything you have available; climbing up the stairs, crawling under blankets, jogging with a cushion on your head...get creative and share your fave with your Hub!



Medium



Medium



Solo

**EQUIPMENT:**  
Anything you can find!

# 12

## Cross the River

- 1 or 2 throwers at the side of the playing area.
- Everyone starts at one end of the playing area.
- The throwers call out '**cross the river**', all the players must try to get to the other end of the playing area without being hit by the ball.
- If a player is hit by the ball they become a thrower too.
- The throwers can give other commands such as '**cross the river if you're wearing white trainers**' to mix it up.
- The game is over when everyone has been hit.



Challenge



Medium



Groups

**EQUIPMENT:**  
A large playing area and  
approx 10 soft balls



# Bulldog

13

- One player is the '**bulldog**'.
- The other players start at one end of the playing area, their aim is to get across the area without being caught by the bulldog.
- When the bulldog calls 'bulldog', the players must start to run.
- Once caught, players become bulldogs themselves until everyone is caught.
- There are so many versions of Bulldog, use anyone you want as long as people are moving!



Challenge



Medium



Groups

**EQUIPMENT:**  
A large playing area

# Four Square

14

- Mark some lines to form a large square playing area with cones or tape and split that area in 4 to make 4 squares.
- Mark one square as the '**King**' or '**Queen**' square.
- A player stands in each of the squares, players are trying to move up to the 'King' square.
- The ball is played in and players must use their hand to pat the ball into others squares without them returning the ball.
- The ball can only bounce once, think tennis!
- The player who loses the point is out of the square and players rotate around.



Medium



Medium



Groups

**EQUIPMENT:**  
A ball with some bounce, cones  
chalk / tape to mark some lines



# Capture the Flag

- There are lots of variations of this game that you can play, the more players and larger the area the better!
- Split the players into 2 teams.
- Each team has a flag, which is positioned in the opponents half.
- The aim is to capture your teams flag and bring it back to your side without getting caught.
- Adapt and change the rules around to suit the space you have and the ages and numbers of players you have.



Medium



Long



Groups

## EQUIPMENT:

2 different colour flags

# Hats and Bowls

- One team is the '**hats**', and one is the '**bowls**'
- All the cones are on the floor in the middle of the playing area, with an even amount of cones the right way up and upside down.
- A cone the right way up is a '**hat**', an upside down cone is a '**bowl**'.
- In 60 seconds, the hats team is trying to get all the cones to be hats and the bowl team are trying to get all the cones to be bowls!
- We dare you to not laugh while playing this game.
- If playing with more than 2 people on each team, number all the players and take it in turns to turn the cones in each 60 second round.



Medium



Medium



Groups

## EQUIPMENT:

Lots of cones



# Cat and Mouse

- One player is the '**cat**' and one is the '**mouse**'.
- The other players are standing in pairs or individually around the playing area.
- The 'cat' has to try and chase the 'mouse'.
- The mouse is interchangeable, and can stand next to any person/pair who then becomes the mouse.
- Rotate the cat and mouse around.



Medium



Medium



Groups

**EQUIPMENT:**  
A large playing area

# Time Bomb

- Everyone stands in the playing area scattered around.
- The ball or beanbag is passed around.
- When the passing starts the 60 second timer starts.
- The aim is not to be the one holding the ball or beanbag when the time gets to 0.
- This encourages quick passing and thinking!
- Make the rounds quicker, eventually getting down to 10 second rounds.



Easy



Medium



Groups

**EQUIPMENT:**  
A ball or beanbag



# Traffic Lights

- Players move randomly around the playing area.
- The leader will have traffic light colour cones.
- When they hold up a cone player must either **jog = green**, **walk = yellow** or **stop = red**.
- Vary the movements and add in different actions!
- Take it in turns to be the leader.



Medium



Medium



Groups

## EQUIPMENT:

A red, yellow and green cone

# North, South, East, West

- All players start in the middle of the playing area.
- Each wall or line is labelled **N**, **S**, **E**, **W**, like a compass.
- Players move randomly around the area.
- The commander shouts a direction and all players run to that direction trying not to be the last one!



Easy



Medium



Groups

## EQUIPMENT:

A large playing area



# Numbers

21

- Players are split into 2 teams, and given numbers.
- Each team is at the opposite end to their goal, with a ball in the middle.
- This game can be played with a football, netball, rugby ball or basketball, using the rules to that sport.
- Each player calls out 1 or 2 numbers.
- When their number is called they have to run a lap of the playing area and try to get the ball.
- Once they have possession they must try and score against their opponent.



Medium



Medium



Groups

**EQUIPMENT:**  
Balls, bibs and cones

# Fishy, Fishy, Fishy

22

- One player is the **shark** and stands in the middle of the playing area.
- The other players stand at one end of the playing area and are the fishes.
- The sharks calls out '**Fishy, fishy, fishy come swim in my sea!**'
- In response the fishes call out '**Sharky, sharky, sharky you can't catch me!**' and run to the other end of the hall.
- If any fishes are caught by the shark they become seaweed, or sharks.



Medium



Medium



Groups

**EQUIPMENT:**  
A large playing area



# Rob the Nest

23

- Split the group into 2 or more teams.
- Each team stands in opposite ends or corners of the area.
- A bag of equipment is in the middle, the '**nest**'.
- Players must take one piece of equipment, running one at a time to and from the bag, back to their '**nest**'.
- The aim is to get as many items from the main nest into your team's nest.
- The game is over when all the equipment has been robbed.
- For added fun, ask each team to make up their own game with the equipment they robbed!



Medium



Medium



Groups

## EQUIPMENT:

Balls, bibs and cones

---

# Hide & Go Seek

24

- Someone is the '**seeker**', the others must hide.
- Seeker counts to 20 and goes to find the others.
- Once everyone is found, rotate the seeker.
- Add some twists in; those that are found have to do an action, such as jumping jacks, until everyone is found!
- Or the seeker has to skip on the spot with their eyes closed whilst counting to 20!



Easy



Medium



Pairs

## EQUIPMENT:

None!



# Zombies

25

- This is a good game to play when there are different abilities.
- Choose a player to be the '**Zombie**', one of your fastest players. They are '**it**'.
- They must catch all the other players and turn them into Zombies.
- Zombies are not allowed to run, they can walk, jump, hop and crawl.
- The game is over when all players have been turned into Zombies!



Medium



Medium



Groups

**EQUIPMENT:**  
A large playing area

---

Inspired by

# Bat & Ball Games

---

## Kwick Cricket

26

- Is a variation of Cricket, aimed at littlens up to 11.
- The bat and wickets are made of plastic and come in varying sizes.
- There are many different games you can play, ask at your hub for ideas or go to the ECB (English Cricket Board) website, and click on Kwick Cricket.



Medium



Long



Groups

**EQUIPMENT:**  
Kwick Cricket set



# Treasure Box Cricket

27

- There are no teams, you will need a batter, bowler and one or more fielders.
- Set up a cone where the bowler stands, a cone where the batter stands and another cone about 5 large steps away from the batters cone, to make the 'run'.
- Each player has a go at everything.
- The bowler has a bag of different ball items such as beanbags, tennis balls, sponge balls, reaction balls.
- They choose 10 items from the bag to bowl at the batter.
- No fielder can move until all 10 items have been bowled.
- Once the batter strikes the 10th item, the bowler and fielder/s can collect all the items.
- The batter must make as many runs as they can and stop when the fielders have returned all items back to the **'treasure chest'**.



Medium



Long



Groups

## EQUIPMENT:

A bat of your choice, a variety of balls and beanbags, and cones

---

# 5 and Go

28

- There are no teams, you will need a batter, bowler and one or more fielders.
- Set up a cone where the bowler stands, a cone where the batter stands and another cone about 5 large steps away from the batters cone, to make the 'run'.
- Every player has a go at everything.
- The batter gets 5 good bowls, they can strike the ball with any bat they choose.



- Every time they strike they can run until the fielders and bowled get the ball back to the bowlers cone.
- The batter is never out, they just get 5 strikes.
- Count up all the runs, and rotate around.
- Vary the choice of ball and bat to give all abilities a chance.



Medium



Long



Groups

#### **EQUIPMENT:**

**A tennis / sponge ball, a bat of choice, and cones**

Inspired by

# Team Ball Sports

## Patball

29

- Think squash, with no rackets, just using the palm of your hand and a ball.
- The ball is allowed to bounce off the wall and once on the floor before your opposition returns it.
- You can play with more than 2 people, using a sequence to play.
- This game can last for hours, and you can change the size and weight of the ball making it easier or harder and adapting it to ability.



Challenge



Medium



Pairs

#### **EQUIPMENT:**

**Tennis ball and a wall**



# Pass & Move

30

- You can play this as one team, or two opposing each other.
- Using a ball of your choice, or scoops and a ball, throw and catch the ball to all your players.
- Players must move into a new space once they have passed the ball.
- If playing against another team, your opposition must try and intercept your passes to gain possession.
- Complete 5, then 10, then 20 passes without dropping the ball, or the ball being intercepted to score a point.



Medium



Medium



Groups

## EQUIPMENT:

A large playing area,  
ball, scoops and bibs

---

# Benchball

31

- This game is played in two teams.
- You don't actually need a bench, you can create a 'zone' using cones.
- Each team starts with one person on the bench, you've got to throw the ball to them without the other team intercepting.
- If they catch it, the person who threw it joins them on the bench.
- The aim is to get your whole team on the bench.
- Vary the rules to suit the group, for example you can take 2 steps with the ball, a grown up can't start on the bench or play with a large, easily caught ball.



Medium



Long



Groups

## EQUIPMENT:

A large playing area, a ball,  
bench or cones and bibs



Inspired by

# Net Games

## Badminton

32

- Adapt this sport to suit your ability.
- Start off by using a balloon if returning the shuttle is too tricky.
- Use a tennis racket to start off with as it has a larger surface area.
- Keep returning the shuttle or balloon over the net without it hitting the floor.
- Once you've got a rally going you can start to play for points.
- Make the teams as big as you like, why stop at doubles?



Medium



Long



Pairs

### EQUIPMENT:

A playing net, rackets  
and shuttlecocks

## Pop Up Table Tennis

33

- Find a table that is big enough to play on (dining room table, trestle table).
- Attach the portable table tennis net to the table.
- Start off by batting the ball to each other over the net, start with a bigger ball if the little ping pong ball is too difficult.
- Once you have a rally going, start counting points if your partner can't return the ball to you.



Medium



Medium



Pairs

### EQUIPMENT:

A portable net,  
bats and balls



# Balloon Volleyball

34

- In teams or pairs, stand on either side of the net.
- Using the palm of your hand.
- Try not to let the balloon hit the floor and keep returning it to each other.
- Once you've got a rally going, start counting points if it hits the floor on your partner's side.
- You can pass the balloon between your team, on your side of the net before returning it to the opponents.
- You can have as many people as you like on each side of the net.



Medium



Medium



Pairs

**EQUIPMENT:**  
A net and balloon

---

# Balloon Tennis

35

- Balloons are a great way to slow down any game and are great for beginners.
- With your partner, stand on either side of the net.
- Using the tennis racket hit or tap the balloon over the net to your partner.
- Try not to let the balloon hit the floor and keep returning it to each other.
- Once you've got a rally going, start counting points if it hits the floor on your partner's side.
- To make it harder use a spongy ball.
- You can have as many people as you like on each side of the net.



Medium



Medium



Pairs

**EQUIPMENT:**  
A net, balloon and  
tennis rackets



Inspired by

# Sports Day

---

## Relays

35

- This can be a race, but doesn't have to be!
- You can use an object such as a baton, beanbag, cone or ball, or nothing at all. Just high five at the switch over.
- Set yourself targets or times to keep the relay going.
- You can move in a straight line, or around a course.
- Use a variety of movements such as skipping, hopping, jogging or crawling.



Medium



Medium



Groups

### EQUIPMENT:

Open space - indoor or outdoor,  
could use batons, beanbags etc -  
also works with no equipment

## Egg & Spoon Race

36

- Like the classic race at sports day. You can put your own twist on the 'egg' and 'spoon', this activity is about balance and movement.
- Use a variety of equipment such as rackets, beanbags, balls.
- You could even have an 'egg' on your head!
- Use a cone to mark the beginning and end of the race.
- You don't have to compete against anyone else, you could time yourself or just challenge yourself not to drop the 'egg'!



Medium



Medium



Pairs

### EQUIPMENT:

A variety of objects and cones



# Outdoor Obstacle Course

37

- Anything goes for this! It can be as short or long as you like.
- You could use existing structures in your garden or park, such as walls or benches...or trees!
- The aim is to use a variety of movements, so mix it up, use things to go over, under, round and through.



Challenge



Long



Solo

## EQUIPMENT:

Use your imagination!

# Running Long Jump

38

- Set up a runway marked by a cone at the start and a cone at the end, it can be as short or as long as you like!
- Each person has 3 attempts to jump as far as they can from the end cone.
- Mark where people have landed with a post-it note or a different coloured cone.
- Challenge yourself to jump further with every attempt.

## TOP TIPS

1. Run fast towards the cone
2. Bend your knees and use your arms
3. Push your body forwards when you're in the air
4. Land bending your knees and fall forwards, not back!



Medium



Short



Solo

## EQUIPMENT:

Open spaces; either indoor or outdoors, cones and post-it notes





Further  
Support



# Keep Going!

If you would like to take your physical activity and sport journey further then please contact the following organisations who should have a suitable session for you to join.



## **Sport at The Heart**

### **Harlesden and Willesden**

Website: [sportattheheart.org](http://sportattheheart.org)

Facebook: [/sportattheheart](https://www.facebook.com/sportattheheart)

Instagram: [@sportattheheart](https://www.instagram.com/sportattheheart)

Twitter: [@sportattheheart](https://twitter.com/sportattheheart)

Email: [hello@sportattheheart.org](mailto:hello@sportattheheart.org)

Tel: 07534 269921 / 07506 866527/

07908 851789



## **Youth Engagement Solutions**

### **Kilburn, Vale Farm**

Website: [yes-ltd.org.uk](http://yes-ltd.org.uk)

Facebook: [/YES Ltd UK](https://www.facebook.com/YESLtdUK)

Twitter: [@yesltduk](https://twitter.com/yesltduk)

Instagram: [@yesltduk](https://www.instagram.com/yesltduk)

Email: [info@yes-ltd.org.uk](mailto:info@yes-ltd.org.uk)

Tel: 020 8904 2242



## **Two Da Stage 2 Da Stage**

### **Wembley**

Email: [twodastage@yahoo.co.uk](mailto:twodastage@yahoo.co.uk)

Tel: 07983 747 503



## **Active Sporting Communities**

### **Willesden, Kingsbury**

Email: [activesporting@yahoo.com](mailto:activesporting@yahoo.com)



## **Hillside Performing Arts**

### **Stonebridge**

Email: [hillsideperformingarts@hotmail.com](mailto:hillsideperformingarts@hotmail.com)



## **Teth Youth & Adult Services**

## **Teth Youth and Adult Services**

### **Stonebridge**

Facebook: [/tethyas](https://www.facebook.com/tethyas)

Email: [teth.youthadultservice@gmail.com](mailto:teth.youthadultservice@gmail.com)



# FunFit Families Quiz

How many minutes should children be active for everyday?

**Answers on pages 4-6**

How many minutes should adults be active every day?

**Answers on pages 4-6**

Name at least 3 benefits of being active?

**Answers on page 5**

Name two healthy ways to travel about?

**Answers pages 18-22 in the 'Out and About' section**

How many weeks do we want you to stay with/ join in with FunFit Families?

**Answers Pages 11-16 for start of the Activity Tracker**

How can we measure how many steps we've taken in a day, and how many should you aim to achieve each day?

**Answers on page 18**

Name one way you can increase your daily steps?

**Answers on page 18 onwards**

Where can you get a bike fixed for free in Brent?

**Answers on page 22 'Cycling' section**

What activity are you doing when you are doing a Downward Dog?

**Answers on page 29**

If you want to strengthen your muscles what types of activities should you do?

**Answers on pages 34-36**

If you want to improve your stamina (cardiovascular fitness), what types of activities do you do?

**Answers on page 37 and more!**

How can you tell if you are exercising at the right intensity?

**Answers on page 9**

Where can you go for further support or to get active in Brent?

**Answers on page 62**

How old do you have to be to be active?

**Answers on page 18**





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**[youngbrentfoundation.org.uk](http://youngbrentfoundation.org.uk)**



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