

Joy of moving  
Festivals



# JOY OF MOVING



HOME SCHOOL FESTIVAL



# HOME SCHOOL FESTIVAL BOOKLET

**Given the times we're currently in, we know that children are unlikely to get to have fun at their sports day this year, so as it was the International Day of Families on the 15th May, we have launched our Joy of Moving Home School Festival!**

We have developed lots of games and activities for you and your kids to try out for an afternoon of fun – right from your own homes! All the games and activities have been created to help get your child active while they are playing and help to boost your child's development and learning.

Joy of Moving is an unbranded CSR programme designed to inspire active lifestyles in children. Its aim is to teach children how to enjoy moving through play, and to help them develop positive habits for adulthood.

The EFL Trust is the national charity which supports the network of charities of English Football League clubs. See if you can find the badge of your local or nearest club on the next page. Over 760 schools across the UK take part in the Joy of Moving programme and this is now your chance to join in at home.

We would love to see you and your kids experiencing our new Joy of Moving Home School Festivals, so if you are happy to, please share a picture or video of you all playing the games on social media for a chance to win £500 worth of equipment for your children's school. Look out for more information in this pack! #JOMHomeFestival

Beyond this booklet, you can find many more games that your family can do on the Joy of Moving website - [www.joyofmovingresourcehub.co.uk](http://www.joyofmovingresourcehub.co.uk).



# OUR FOOTBALL NETWORK





# HOW TO USE THIS PACK

**This pack has been designed for you and your family to have an afternoon of fun, with different games and activities to choose from. You won't need much equipment and there is an activity at the start that helps you find and collect useful things!**

## WANT TO KNOW HOW IT ALL WORKS?

For the Joy of Moving Games:

- Option A is an individual game that you can play on your own.
- Option B and C are more group-based for you to enjoy with the people you live with. (Parents: you can find more information about these games on the Joy of Moving website [www.joyofmovingresourcehub.co.uk](http://www.joyofmovingresourcehub.co.uk))

For the lifestyle activities:

- Options A or B help you understand why physical activity and time for reflection is good for you.

You can use the suggested timetable below as guidance to help plan your afternoon. For example, you can start at 1pm with activities going through until 4pm. However you can flex your start and end times to fully suit your family.

Look out for the print symbol at the top of the page which means you have an option to print the page if you wish. The print symbol looks like this:



**Good luck, get playing, and most importantly – HAVE FUN!**





# YOUR FESTIVAL TIMETABLE

Time allocation	Activity description	Activity options	
🕒 10 minutes	Equipment Scavenger Hunt	Can you find the things you need around your home?	
🕒 5 minutes	Warm Up	Warm up your muscles and your brain to get ready for the games and activities	
🕒 15 minutes	Joy of Moving Games 1	A – The Cap Race B – Keepy Uppy C – Catch it Quick	
🕒 15 minutes	Understanding Physical Activity	A – Activity Word Search B – Pulse Rate Activity	
🕒 15 minutes	Joy of Moving Games 2	A – Wallie B – Hand Hockey C – Elastic Bridge	
🕒 10 minutes	Break Time	Snack and fluid time. Grab yourself a snack and a drink.	
🕒 20 minutes	A to Z of...	A – Sports and Activities B – Fruit and Veg-abet	
🕒 15 minutes	Joy of Moving Games 3	A – Table Football B – Hot Potato C – Target Ball	
🕒 20 minutes	Time for Reflection	A – Your Mirror B – What are you good at?	
🕒 10 minutes	Break Time	Snack and fluid time. Grab yourself a snack and a drink.	
🕒 30 minutes	Competition Time	Show us your design skills	
🕒 15 minutes	Final Steps	Looking to the future	
	Extra Time	Play diary	



# THE REVIEW CARD – HOW DID YOU DO?

After you play a Joy of Moving game, complete the review card below by drawing next to your chosen game the smiley face that best describes how you feel you did. You can also write what you enjoyed about playing that game.



I did OK



I did well



I did really well

Joy of Moving Games			How did you do?	What did you enjoy?
Round 1	Option A	Cap Race		
	Option B	Keepy Uppy		
	Option C	Catch it Quick		
Round 2	Option A	Wallie		
	Option B	Hand Hockey		
	Option C	Elastic Bridge		
Round 3	Option A	Table Football		
	Option B	Hot Potato		
	Option C	Target Ball		



# SCAVENGER HUNT

You will need some items to play today's games, so your first task is to go on a scavenger hunt to find the things you need. You should be able to find these around the house but if you can't, take a look around and see if there are other items that you can use instead! Make sure you ask an adult before collecting some of these things - it is always better to check first! Once you've collected the item, don't forget to tick the box!

Don't worry if you can't find the items below – there are plenty of games that you can do in this booklet that don't require equipment, and even more on the website! Don't forget to ask your parent to help with going on to the website!

<p><b>1</b> Clean rolled up socks</p> 	<p><b>2</b> Hard back books</p> 	<p><b>3</b> Paper</p> 	<p><b>4</b> Pen or pencil</p> 
<p><b>5</b> Clean bottle tops / caps</p> 	<p><b>6</b> Teddy bear</p> 	<p><b>7</b> String or rope</p> 	<p><b>8</b> Chalk</p> 
<p><b>9</b> Paperback books</p> 	<p><b>10</b> Soft toys</p> 	<p><b>11</b> Tin foil – screwed up into small balls</p> 	<p><b>12</b> Safe playing space next to a wall</p> 
<p><b>13</b> Clock, timer or stop watch to time yourself playing the games</p> 	<p><b>14</b> Snacks</p> 	<p><b>15</b> Bottle of water to stay hydrated</p> 	<p><b>16</b> Small soft balls</p> 
<p><b>17</b> Tennis ball</p> 	<p><b>18</b> Large ball</p> 	<p><b>19</b> Empty plastic bottle</p> 	<p><b>20</b> Building blocks</p> 





# WARM UP

It is important to warm up our body before doing any exercise, but it also makes you feel ready to learn and have fun. Can you do these warm up activities for 30 seconds each? You do not need any equipment for this except a small ball for the last one. Also, just make sure you have some space! Why not ask your parents or carers to take part as well? If anything hurts, stop straight away.

## STEP 1: FAST FEET

Start with a light jog or running on the spot to get your body moving, raise your heartbeat and get your muscles ready for exercise. Start slowly then gradually increase the tempo to fast feet.



## STEP 2: ARM CIRCLES

Standing straight, raise both arms above your head. Make circular motions with your arms; first clockwise, then repeat anti-clockwise.

## STEP 3: HIGH KNEES

While standing on the spot or slowly moving forward bring your knees up towards your chest. Try to land on the balls of your feet one leg at a time and keep your hips high. Start slowly then gradually increase the speed.

## STEP 4: HEEL KICKS

Standing tall, bring one foot up towards your bottom and then alternate. Move forward slowly and don't forget to keep your head up.

## STEP 5: STRAIGHT LEG SWINGS

Support yourself on a wall or with a partner and face straight ahead. Swing one leg forward and back like a pendulum. Keep your posture tall and your tummy muscles engaged. Repeat for each leg.

## STEP 6: KNEE CIRCLES

Standing tall, lift one knee up and forward in front of you and using your knee as a pencil try to draw a circle going out to the side and coming back to the start. Keep switching legs and try to make the circles bigger each time.



## STEP 7: JUMP AND TURN

Standing up tall, bend your knees and jump up, trying to spin around as far as you can. Remember to land softly with knees bent. Can you jump and turn to face the opposite way or even jump all the way round?



## STEP 8: TOE TAPS

With a ball on the floor just in front of you, gently using the bottom of your feet touch the top of the ball, switching from right and left foot. Gently touch the ball so it doesn't roll away.

## STEP 9: BALL WORK

Stand with feet wide apart, knees slightly bent, lean forward and pass a small ball between and around your legs making a figure of 8.

## STEP 10: BALL ROLLS

Standing tall, roll a small ball up and down your chest and tummy using your fingertips of both hands, without dropping the ball. Then try to roll the ball over different body parts like your legs or around your waist making sure you don't drop the ball.





# JOY OF MOVING GAMES 1

You have 15 minutes to play this game. If you are playing alone that is fine because you can play Option A (The Cap Race) or Option B (Keepy Uppy). Option C (Catch it Quick) is a game to play with others.

Set your timer to 15 minutes or your alarm to 1:30pm. If you don't have a timer or alarm, keep looking at your nearest clock.

Remember you can find more information about each game and even videos to show you how to play at [www.joyofmovingresourcehub.co.uk/games-and-activities](http://www.joyofmovingresourcehub.co.uk/games-and-activities)

When you have finished, write your score in your Review Card.

**Get ready, GO....**

## OPTION A - INDIVIDUAL GAME



### THE CAP RACE

#### AIM OF THE GAME

- ▶ Move by flicking the caps along the track.

#### EQUIPMENT

- ▶ Chalk, ropes/string or building blocks to mark out a race track, and plastic bottle caps or scrunched up tin foil ball to race with.

#### HOW TO PLAY

- ▶ Lay out the track on a flat surface. This can be marked out using chalk, ropes or string, wooden or building blocks or any other objects that are safe to place on the ground and that won't break if hit by a plastic cap.
- ▶ Once the track is ready, the players take turns in moving their cap with a flicking movement of the fingers.

- ▶ The first to reach the finish line is the winner, or if playing on your own, try to reach the finish line in as few flicks as possible.
- ▶ If the cap goes off the track, you must replace the cap where it originally was and miss a go.

#### GAME VARIATIONS

1. If your cap hits an opponent's cap, you miss a go.
2. If playing with more players you may want to play as pairs, taking turns to flick the cap.
3. Change the track design to create a circuit to play with laps or use different surfaces and obstacles to play with.

## OPTION B – INDIVIDUAL OR FAMILY GAME



### KEEPY UPPY

#### AIM OF THE GAME

To keep the ball up in the air using a variety of different methods or body parts for as long as possible.

#### EQUIPMENT

Can be played with an appropriate ball for the space being used. Could use a balloon, scrunched up paper or a pair of socks to make a safe ball to play the game indoors.

#### HOW TO PLAY

Within a safe area, start by throwing the ball up and try to keep the ball up in the air as long as possible. Hit the ball upwards and shout out the number of times the ball is hit. If the ball touches the ground, the game starts over.

## OPTION C – PARTNER GAME



### CATCH IT QUICK

#### AIM OF THE GAME

Catch the object before it hits the ground.

#### EQUIPMENT

A ball or soft object (rolled up socks). The heavier the object the harder the game.

#### HOW TO PLAY

In pairs, stand facing each other, with one (the holder) holding the object as high as possible out in front or to the side of them. The other (the catcher) waits with hands by their side.

- On the count of 3 (out loud 1, 2, 3) the holder drops the object and the catcher reacts quickly to catch it before it hits the ground.
- Repeat this for 10 attempts before swapping over.

See who can catch the object the most times before it hits the ground.



# ACTIVITY 1

## UNDERSTANDING PHYSICAL ACTIVITY

### OPTION A

### ACTIVITY WORD SEARCH

This fun word search contains lots of activity related words. You have 15 minutes to find as many words as you can before moving onto the next game.

If you can't print this page you can simply write a list of the words you need to find on your piece of paper and when you find them on your screen, you can cross them off your list.

Don't forget to set your timer or check the clock. On your marks.....

Z	C	R	P	D	P	Y	O	S	T	F	U	N	M	O
U	A	M	O	V	I	N	G	L	H	Z	O	M	Q	B
N	P	A	Q	N	G	O	L	E	A	R	N	I	N	G
F	W	K	O	D	A	C	T	I	V	I	T	I	E	S
I	N	G	E	S	M	L	E	W	I	B	O	T	T	P
T	E	A	M	C	E	I	H	O	C	K	E	Y	E	O
N	T	S	W	H	A	Q	N	G	E	I	M	P	S	R
E	O	F	O	O	T	B	A	L	L	P	L	A	Y	T
S	I	X	M	O	L	K	S	C	A	H	O	S	O	C
S	N	C	U	L	S	J	S	B	Y	V	T	S	X	M

- ▶ Learning
- ▶ Activities
- ▶ Hockey
- ▶ Team
- ▶ School
- ▶ Moving
- ▶ Football
- ▶ Fitness
- ▶ Pass
- ▶ Game
- ▶ Play
- ▶ Sport
- ▶ Fun



Total score:  /15

**OPTION B****PULSE RATE ACTIVITY**

Firstly, find your pulse by placing your fingers on your neck or your wrist. Ask an adult to show you how you do this if you aren't sure.

Your pulse is the rate that your heart is beating and it is a good sign of how hard your heart is working. When you first take your pulse rate, if you have not been active, this is called your resting heart rate.

Count the number of times you feel your pulse beat within a minute. To make this easier, you can count the number of times it beats in 15 seconds and then multiply it by 4 (15 seconds x 4 = 60 seconds or 1 minute).

Use your timer or stop watch to help count to 15 seconds whilst you count the number of times your heart beats. Write your answer below or on your piece of paper. This is your resting heart rate.

**Pulse rate after resting / no activity**

Go for a walk around the house or garden. This is known as moderate activity. Do this for one minute then take your pulse rate again and write your answer below or on your piece of paper.

**Pulse rate after moderate activity**

This time, do some vigorous activity. This can include running quickly on the spot or around the garden, doing some star jumps, playing a Joy of Moving game or anything else to make you feel out of breath. After that, take your pulse rate and write your answer below or on your piece of paper.

**Pulse rate after vigorous activity**

You can continue to take your pulse rate at various times throughout the day to see how hard you have been working.

# JOY OF MOVING GAMES 2

Time for some more fun Joy of Moving games. As before, there are different options for you to try. If you are playing on your own, you can play game A (Wallie) but if you are playing with others you can play game B (Hand Hockey) or game C (Elastic Bridge).

Don't forget to start your clock before you begin and write in your Review Card once you have finished.

Remember you can find more information about each game and even videos to show you how to play at [www.joyofmovingresourcehub.co.uk/games-and-activities](http://www.joyofmovingresourcehub.co.uk/games-and-activities)

## OPTION A - INDIVIDUAL GAME



### WALLIE

#### AIM OF THE GAME

To score a goal by hitting a ball against the wall and it bouncing back through your own legs.

#### EQUIPMENT

All that is needed is any kind of ball and a safe space indoors or outside next to a wall.

#### HOW TO PLAY

With a ball and in a safe space, stand facing a wall.

The player rolls, kicks or throws the ball against the wall. As it bounces off the wall, let it pass between their legs, before quickly turning around and collecting the ball.

For more than one player, try to hit the ball against the wall so it comes straight back through the other player's legs without them having to move. They need to turn around and try to collect it as quick as possible.

## OPTION B – FAMILY GAME



### HAND HOCKEY

#### AIM OF THE GAME

Hit the puck through your partner's goal created by their hands and arms.

#### EQUIPMENT

A soft ball or another round object (scrunched up paper, foil, or rolled up socks) that can be used as a hockey puck.

#### HOW TO PLAY

Two players face each other on all fours or in a push-up position roughly two or three steps apart. Make sure that your hands and arms are placed on the ground to make a goal which faces your partner.

Whilst trying to keep this position, support your body weight with one arm and try to use the other arm to hit the puck with the palm of your hand. Try to send it through your playmates goal, created by their hands and arms, whilst in the push-up position. Then switch over roles. See who can be first to score 3 goals. Then switch over roles.

## OPTION C – FAMILY GAME



### ELASTIC BRIDGE

#### AIM OF THE GAME

Roll the ball under a partner's body who is making a bridge shape without touching them.

#### EQUIPMENT

Can be played with any appropriate ball that can be rolled within the playing space

#### HOW TO PLAY

The game is played in pairs or groups of three. If playing in a group of three, two players stand facing each other roughly 3 meters apart; one of them with a ball. The third child is in between them sitting on

the floor, with arms behind their back and hands on the floor. The player with the ball rolls the ball towards their playmate. As the ball comes towards the player in the middle, they must push themselves up using hands and feet to make a tunnel or bridge so the ball can pass underneath them. The player opposite collects the ball as it travels through and repeats the action. Do this 5 times and then change positions.

If playing as a pair, the player who rolls the ball at the start must run to the other side of their playmate in the middle and collect the ball that they rolled once it has gone underneath their playmates bridge.

# BREAK TIME

**Time to recharge your batteries.**

**Grab yourself a snack and a drink.**



**You can ask your parents or carers to post the photos on social media that they have taken of you so far if you and they are happy to. Don't forget, you could win a prize of £500 worth of Joy of Moving sports materials for you or your school. #JOMHomeFestival**







# ACTIVITY 2 – A-Z OF..

Now it is time for some more fun activities. Again, you have two options, A or B. Both involve working through the alphabet. Option A is an A-Z of sports or activities, option B is an A-Z of fruit and vegetables. Get your thinking caps on!

## OPTION A

### A – Z OF SPORTS AND ACTIVITIES

Can you name a sport or activity for each letter of the alphabet?

You can use the internet if you are struggling with some of the tricky letters or ask your parents and carers if they can help.

If you can't print this page, simply write each letter down the side of a page of paper and write your sport or activity against each letter.

After completing the alphabet, perhaps you could use the activities for each letter of your name and join these activities up into a short circuit.

So, if your name is Mark you could do marching, agility, running and then kicking a ball.

SPORTS	ACTIVITIES	SPORTS	ACTIVITIES	SPORTS	ACTIVITIES
A		J		S	
B		K		T	
C		L		U	
D		M		V	
E		N		W	
F		O		X	
G		P		Y	
H		Q		Z	
I		R			



Total score:  /26



## OPTION B

# FRUIT AND VEG-ABET

How many fruit and vegetable can you name?

Think of a fruit or vegetable beginning with each letter and complete the table below. If you can't print this page, simply write each letter down the side of a page of paper and write your fruit and vegetables against each letter.

You can use the internet if you are struggling with some of the tricky letters or ask your parents and carers if they can help but be quick, the clock is ticking!

FRUIT / VEGETABLE

A		J		S	
B		K		T	
C		L		U	
D		M		V	
E		N		W	
F		O		X	
G		P		Y	
H		Q		Z	
I		R			



Total score:  /26



# JOY OF MOVING GAMES 3

Time for some more fun Joy of Moving games. As before, there are different options for you to try. If you are playing on your own you can play game A (Table Football), but if you are playing with others you can play game B (Hot Potato) or game C (Target Ball).

Don't forget to start your clock before you begin and write in your Review Card once you have finished.

Remember you can find more information about each game and even videos to show you how to play at [www.joyofmovingresourcehub.co.uk/games-and-activities](http://www.joyofmovingresourcehub.co.uk/games-and-activities)

## OPTION A - INDIVIDUAL GAME



### TABLE FOOTBALL

#### AIM OF THE GAME

Score by flicking the ball into the goal from various distances and positions.

#### EQUIPMENT

Three books stacked to make a goal and a small ball (tennis ball, ping pong ball, rolled up socks or scrunched up tin foil)

#### HOW TO PLAY

Play on a flat surface which could either be the floor or a table.

- Using three strong books, stack them up to make a goal by having two books standing upright and the third laid across them for the crossbar. The bigger the goal, the easier the game.
- In front of the goal, mark out a penalty spot to shoot from by flicking the ball with fingers. See how many goals you can score from five shots.

## OPTION B – PARTNER GAME



### HOT POTATO

#### AIM OF THE GAME

Passing the ball as a pair or team to get to a finish line.

#### EQUIPMENT

Safe space to play in and a ball or soft object that players can pass to each other (cushions or soft teddy bears).

#### HOW TO PLAY

The players lie down in a row one behind the other with their hands up in the air, knees bent and slightly apart with feet on the floor.

- The first player in the line has a ball in front of them, they sit up and lean forwards to collect the ball with their hands and then lying on their back pass the ball over their head to the player behind them.
- The player behind bends and leans forward to grab the ball with their hands.
- The first in line then gets up and runs to the back of the line.
- This is repeated with the ball being passed from one player to another and then running to the end of the line until the pair or team has reached their finish line.

## OPTION C – FAMILY GAME



### TARGET BALL

#### AIM OF THE GAME

To hit a target in the middle of an area and continue to hit the object to move it over the opponent's line.

#### EQUIPMENT

A safe playing area and a variety of balls of different sizes and shapes. Alternatively, use empty plastic bottles and balls made from scrunched up tin foil, paper or rolled up socks.

#### HOW TO PLAY

Using a safe playing area for rolling or throwing balls, the two players or teams stand at opposite ends of the area, behind a marked out line (chalked or taped)

- In the middle of the area is the target.
- Each player or team has at least two balls and must try to hit the target with the ball in the middle to move it over the opposition's end line. The first player or team to achieve this is the winner.
- Players can collect and use balls shot from the opposite player or team, but must always return to their own end line before using them.
- If using a bottle, you can award one point for the first player or team to knock it over and two points if they can move it across opposite end line. See how many points can be scored from five shots.

# ACTIVITY 3 – TIME TO REFLECT

In this section, we want you to think positive things about yourself and think about things you are good at. Everyone is different and everyone has different skills, even if they aren't always obvious. It is always a good idea to think well of yourself and not put yourself down.

Have a go at one of these activities below where you can either write positive things about yourself or write a list of things you are good at.

## OPTION A

### YOUR MIRROR

Write compliments to yourself inside the mirror below. If you can't print this page, you can either draw your own mirror or simply write a list of positive things about yourself.

Once you have written as many things about yourself as you can, pick up the mirror or your piece of paper and read out loud those positive comments. Perhaps also look into a real mirror and say them to yourself.

If you don't want to write them down, you can talk to a parent or carer about all the things that are good about you. I'm sure they can tell you lots of reasons why you should be positive about yourself.





## MY MIRROR



## OPTION B

### WHAT AM I GOOD AT?

Write a list of at least five things that you are good at in the booklet image below. Then on the opposite page of the booklet, explain how you could help others with your skills. If you can't print this page, you can simply write your own lists on your piece of paper.

Try to think about different skills you have. Don't focus just on sports or practical things. Maybe you are a good friend or you are good at communicating (talking and listening).

If you don't want to write a list, you can talk to a parent or carer about all the things you are good at. You could even ask them to think of some for you.







Remember it is important to look after your mental wellbeing as well as your physical wellbeing.

Your mental wellbeing is about how you're feeling right now, and how well you can cope with daily life. Our wellbeing can change from moment to moment, day to day, or month to month.

Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes. But if you have poor wellbeing for a long time you might start to find things more difficult to cope with and you might need to ask for help.

<https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/>

## Childline

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/taking-care-of-yourself/>

Call 0800 1111

## Having good wellbeing can help you to:

- Feel and express a range of emotions
- Have confidence and positive self-esteem
- Have good relationships with others
- Enjoy the world around you
- Cope with stress and adapt when things change.

## Here are some tips to help you look after your wellbeing:



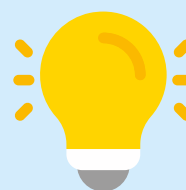
**Be active**



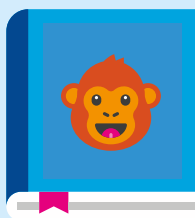
**Eat a balanced diet**



**Get creative**



**Learn something new**



**Do things you enjoy**



**Connect with others**



**Get enough sleep**

# BREAK TIME

**Time to recharge your batteries.**

**Grab yourself a snack and a drink**





# COMPETITION TIME

## OPTION A

### CAN YOU CREATE YOUR OWN GAME WITH YOUR FAMILY?

Now you have spent time playing different Joy of Moving games, can you create your own game to play? This can either be a game to play individually (on your own) or with your family or even your friends when you are able to see them again.

Once you have created your new game and you have enjoyed playing it, ask your parents or carers to video you playing the game. They can then post the video on social media to be in with a chance of winning £500 worth of Joy of Moving sports materials for your school. When posting it on social media, make sure your parents use the hashtag #JOMHomeFestival.

## OPTION B

### DESIGN A POSTER TO ENCOURAGE YOUR FRIENDS TO BE ACTIVE.

Can you design a poster which will encourage your friends to lead an active lifestyle?

Make your poster as colourful as you can. Perhaps include pictures of children having fun and playing games. Can you think of different ways you and your friends can stay active? Make sure you say why it is important to do physical activity.

Perhaps use some of the information from the poster below to help you design your poster.

Once you have completed your poster, ask your parents or carers to put it on social media using #JOMHomeFestival. The best poster will win £500 worth of Joy of Moving sports materials for their school.

Terms and Conditions: Open to UK residents aged 18+ only. Open from 0:01 on 18/05/2020 – 23:59 on 29/05/2020. **To enter:** upload a video/image of your competition entry, following the instructions in the Joy of Moving Home Festivals booklet, on Twitter or Instagram using the hashtag #JOMHomeFestival (and Scotland residents to include #JOMScotland in addition to #JOMHomeFestival). One entry per household. Internet access and Instagram/Twitter account required to enter. Prize: There are 4 prizes available to be won, each consisting of £500 worth of equipment for their school. For full Ts & Cs and details visit <https://www.joyofmovingresourcehub.co.uk/>. Promoter: Ferrero UK Limited, 889 Greenford Road, Greenford, Middlesex UB6 0HE.

# Physical activity for children and young people (5–18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

Aim for an  
average of at least

**60**

minutes per day  
across week

All activities  
should make you  
breathe faster  
& feel warmer



Activities to  
develop  
movement  
skills, and  
muscle and  
bone strength  
**ACROSS  
WEEK**



## Get strong



## Move more

Find ways to help all children and young people accumulate an average  
of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019



# FINAL STEPS

## OPTION A

The world is very different at the moment. On a separate piece of paper, write a letter to your future self, explaining what you are looking forward to and what you will do after lockdown to be active and have fun. You could revisit it when we are allowed to go out and see our friends.

**If you are stuck, here are some tips to get you started.**

The first person I will see after lockdown is...

The first friend I will play with is...

The first place I visit will be...

The first show I want to see is...

The first game I will play with my friends is...

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## OPTION B

# WRITE A PLEDGE ABOUT HOW YOU WILL CONTINUE TO PLAY GAMES WITH YOUR FRIENDS.

Think about how you will make sure all your friends join in the games and stay active with you.

Your pledge could include how often you will play and for how long. You could include what types of games and skills you want to improve (throwing, catching, etc.).

I ..... age .....

from (school name) .....

promise to (insert your pledge here) .....

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# EXTRA TIME

Congratulations, you have now completed the Festival, along with thousands of other children across the country. We hope you had fun, played some new games and learnt some new ideas about ways to be active.

The activity below is a weekly challenge, so you can do it in your own time over the next week. Remember, this is optional but see if you can challenge yourself to complete your Play Diary.

We want you to record your play time over the next seven days, both individually and as a family.

Set yourself a goal for how many minutes physical activity you will do. This can include family walks, playing Joy of Moving games, or anything that makes your heart beat faster.

Can you also keep a track of how much time you play on your own and how much time you play with your family? Can you reach the recommended target of 60 minutes?

## DAY 1

### Individual Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q1) What games did you play?

Total

### Family Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q2) What skills did you learn or enjoy from the games?

Total

## DAY 2

### Individual Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q1) What games did you play?

Total

### Family Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q2) What skills did you learn or enjoy from the games?

Total



### DAY 3

#### Individual Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q1) What games did you play?

Total

#### Family Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q2) What skills did you learn or enjoy from the games?

Total

### DAY 4

#### Individual Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q1) What games did you play?

Total

#### Family Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q2) What skills did you learn or enjoy from the games?

Total

### DAY 5

#### Individual Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q1) What games did you play?

Total

#### Family Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q2) What skills did you learn or enjoy from the games?

Total

## DAY 6

### Individual Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q1) What games did you play?

Total

### Family Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q2) What skills did you learn or enjoy from the games?

Total

## DAY 7

### Individual Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q1) What games did you play?

Total

### Family Play Time

10	20	30	40	50	60	70	80	90+
----	----	----	----	----	----	----	----	-----

Q2) What skills did you learn or enjoy from the games?

Total



The Joy of Moving programme, delivered through a partnership with the EFL Trust over the last six years, is an unbranded CSR programme designed to inspire active lifestyles in children. Its aim is to teach children how to enjoy moving through play, and to help them develop positive habits for adulthood. There are two initiatives in the programme: the Move & Learn project, which delivers 9 hours of physical activity and learning to children in years 5-6 in schools nationally, and the Festivals, which take place in the summer term and consist of easy, simple and fun games to inspire children of all ages to develop life skills by learning through play. For more information visit [www.joyofmovingresourcehub.co.uk](http://www.joyofmovingresourcehub.co.uk)

The EFL Trust is the charitable arm of the English Football League (EFL) and is a national charity that uses the power of football to change people's lives. Over 36.6 million people live within ten miles of an EFL Club and the EFL Trust unites the inspirational work delivered across England and Wales by the dedicated network of Football Club Community Organisations associated to these Clubs. The EFL Trust's vision is to create stronger, healthier, more active communities. Last year, the network engaged over 880,000 people, using the power of football to improve health and wellbeing, raise aspirations, realise potential and build stronger, more cohesive communities.

EFL Trust also has resources for parents. If you would like help getting more active try our free on-line exercise sessions <https://bit.ly/FITFANSonline>