

Everyday Movement

Encourage movement everyday,
in as many ways as possible



**Encourage playing
in the backyard**

**Create a ninja
warrior course in
your house or
backyard**

**Dance to
music/have a
family dance
party**

Ride your bike

**Play a game of
soccer/touch in
the backyard**

**Skip to music that
you love either
with or without a
rope**

**Take a walk as a
family**

**Have a pillow
flight**

**Have a clean up
race**

**Jump on a
trampoline**

**Play balloon
tennis or balloon
toss**

**Take the dog for a
walk**

**Play red light,
green light**

**Play follow the
leader**

**Draw a maze,
circuit of
movement on the
driveway**

**Create an
obstacle course
around the house**

**Play tip, stuck in
the mud, hide n
seek**

**Complete virtual
physical activity
Just Dance**

**Play kick and
catch**

**Garden, mow
lawns, complete
chores**

Physical activity can be accumulated throughout the day.
Try to be active in a variety of ways

