#GetActiveStayActive

7 DAY ACTIVITY PLANNER

www.active.leeds.gov.uk/healthy-at-home
#GetActiveStayActive

## DAILY / WEEKLY PLANNER

<table>
<thead>
<tr>
<th>Day</th>
<th>WHAT DID YOU DO TODAY?</th>
<th>HOW DID YOU FEEL?</th>
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[www.active.leeds.gov.uk/healthy-at-home](http://www.active.leeds.gov.uk/healthy-at-home)
When you feel you’re in a mood (good or bad!), complete your mood diary.

Record the day and time you felt your mood change.

Rate your mood intensity from 0 to 100, how strong was your mood?

Comment on what caused your mood.

Do this every time you feel your mood change.

Questions to consider:
- How often is your mood changing?
- Is it unusually a good mood or a bad mood?
- Is there something in particular that makes your mood change?
- Can you see any patterns in your moods?
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**MY MOOD DIARY**

<table>
<thead>
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www.active.leeds.gov.uk/healthy-at-home
Get Set Leeds is a partnership of people from all over the city who want to play a part in making Leeds more active. People who know it feels good to be active, but don’t always find it easy to make it happen every day. People with great ideas for changes that could get everyone in Leeds moving more – [www.getsetleeds.co.uk](http://www.getsetleeds.co.uk/)

Leeds Domestic Violence Service helpline on 0113 246 0401

If calling is unsafe, a web-chat service is now being offered from Monday-Friday between 1pm-3pm via [www.leeds.gov.uk/domesticviolence/children-and-young-people](http://www.leeds.gov.uk/domesticviolence/children-and-young-people)

If you’re in immediate danger, call 999 and if you’re unable to speak press 55.

MindMate is a trusted Leeds-based website specifically aimed at children and young people [www.mindmate.org.uk](http://www.mindmate.org.uk/)

For women and girls only activities take a look at the Leeds Girls Can Facebook page - [www.facebook.com/LeedsGirlsCan](http://www.facebook.com/LeedsGirlsCan) to access a variety of challenges, dance tutorials and online classes.

[www.active.leeds.gov.uk/healthy-at-home](http://www.active.leeds.gov.uk/healthy-at-home)
Runaway Helpline.
It’s your call. Website -
www.runawayhelpline.org.uk/
Whatever you tell us at Runaway Helpline
we’ll listen and offer support.
Not judge or tell you what to do.
It’s your call.

Runaway Helpline is here if you are
thinking about running away, if you have already
run away, or if you have been away and come back.
You can also contact us if you are worried that someone
else is going to run away or if they are being treated
badly or abused. You can call or text us, for free,
24 hours a day on 116 000. You can email us on
116000@runawayhelpline.org.uk

childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline
Get help and advice about
a wide range of issues, call us on
0800 1111
talk to a counsellor online via the website.
www.childline.org.uk/

www.active.leeds.gov.uk/healthy-at-home
Forward Leeds have staff who are specially trained to work with young people and understand the problems they face. If you’re worried about someone who has a drug or alcohol problem, we can give you some guidance too.

www.forwardleeds.co.uk/getting-help/young-peoples-service/

We have a referral form specifically designed for Young People and you can use that to refer people into the service.

Call us for support today: 0113 887 2477
If you are unable to get through on the phone please email enquiries to info@forwardleeds.co.uk

Our services are free, confidential and available for 11-25 year olds in Leeds. We offer a range of services including one to one support, counselling

Call us today on 0113 246 1659
www.themarketplaceleeds.org.uk/
The #ThisIsPE campaign, led by Yorkshire Sport Foundation, uses specialist teachers of PE to film two-minute videos with activities that can be replicated at home. A new video is added at 1 pm on a Monday, Wednesday and Friday included in the YouTube playlist, visit www.yorkshiresport.org/ThisIsPE

**STAY IN, WORK OUT**

Tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and use #StayInWorkOut to share how you’re getting active during this time. www.sportengland.org/stayinworkout

Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. www.kooth.com/index.html

www.active.leeds.gov.uk/healthy-at-home
You will need:
One football, outdoor space, cones or markers

ADVANCED FOOTBALL TOE TAPS

RECOMMENDED: 8+
DIFFICULTY RATING: ★★★★★

Place two cones or markers (anything will do!) 5 metres apart. Starting at one cone, ‘toe tap’ the ball all the way to the other cone. Use the sole of your feet to roll the ball forward in a controlled manner.

Once you’ve mastered going forwards, see if you can perfect backwards toe taps!

Online Resources:
Search for ‘toe taps’ on The Coaching Manual’s YouTube channel for a great example of advanced Toe Taps

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You will need:
Two people, one eyeshade, clear indoor or outdoor space, lots of obstacles (balls/cushions/clothes)

LEARNING TO GUIDE

In your activity space create an obstacle course using all of your obstacles. Using the eyeshade, cover one person’s eyes and stand them at the edge of the course. The other person must then speak instructions to guide them through the course. At the end of the game everyone has to do 5 star jumps for each obstacle that gets touched!

Make it harder by adding more obstacles. Or compete against each other in teams and see whose communication is the best!

Online Resources:
Search for ‘helping heihei’ on NHS.co.uk for a great example of this game

www.active.leeds.gov.uk/healthy-at-home
You will need:
Two people, one scrunched up piece of paper, one table tennis paddle, indoor or outdoor space

BADMIN-CRICKET

Recommended: 8+
Difficulty Rating: ★★

Take it in turns to bat and bowl. Just like in cricket, you can score runs by hitting the scrunched up piece of paper as far as possible. Players are out by being caught, or by hitting the paper ball into an agreed area.

Online Resources:
Check out getgoodatbadminton.com for some great games for young people.
You will need:
Two or more people, a football and a marker pen

BALL OF DOOM

RECOMMENDED: 8+
DIFFICULTY RATING: ★★

On different sides of your ball write out some exercises. They can be traditional, like ‘star jumps’ or ‘press ups’; or they can be whatever you can think of, like ‘silly dancing’ or ‘hop on one leg’.

Find some space and throw the ball to someone else. After they catch the ball they have to look at it and do whichever exercise they read first. So if they catch the ball and read ‘sit ups’, they must immediately do 5 sit ups. Have fun!

www.active.leeds.gov.uk/healthy-at-home
You will need:

One helper, indoor or outdoor space

BODY PARTS

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Start by jogging on the spot. Have your helper shout out different body parts, such as knee or hand. Every time you hear a body part you must touch it to the floor as quickly as you can, and then carry on jogging. Do this for 1 minute and repeat the exercise 5 times.

Hints and Tips:
You could point to a body part instead of calling out a body part to make it harder / Give your body part numbers or colours and call out a number or colour. Head 1 or Blue etc.

Compete against a family member to see who can touch the floor the quickest!
**DOUBLE TROUBLE**

You will need:

Two tennis rackets (or two books), two people and two balls

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Stand a few paces away from your partner, each with a ball at your feet. At the same time each of you must hit your balls along the floor to the other person. Try to stop the moving ball with your racket before it goes past you.

Use a book as an alternative to a racket. You can use a sock or rolled up piece of paper.

Work as a team. How many successful double passes can you make in a row?

Online Resources:

Look online at LTA.org.uk for some great tennis games to play at home

www.active.leeds.gov.uk/healthy-at-home
EXERCISE 'TIL YOU DROP!

You will need:
One helper, two people and some space

RECOMMENDED: 8+
DIFFICULTY RATING: ★★

When the helper shouts go, you must run on the spot as fast as you can for 10 seconds.

Once the time is up, the helper will call out an exercise (e.g. 10 star jumps), and the person who completes the exercise first wins!

To make this harder, have your helper increase the difficulty of the exercises!

Here are some exercise you could use:
Push ups, sit ups, squats, star jumps, burpees, shadow boxing. Good luck!

www.active.leeds.gov.uk/healthy-at-home
You will need:
Two tennis rackets (or two books), two people, one ball, two cones or markers

FLOOR TENNIS

RECOMMENDED: 8+

DIFFICULTY RATING: ★★★

Stand opposite your partner, a few paces away from each other and place the cone (or marker) by your feet.

Place the ball next to the cone and use your racket to gently hit it along the floor to try and hit your partner’s cone. Take it in turns to see who is the most accurate. There’s no blocking allowed and first to 10 points wins!

Online Resources:
Look online at LTA.org.uk for some great tennis games to play at home

* Use a book as an alternative to a racket. You can use a sock or rolled up piece of paper.

www.active.leeds.gov.uk/healthy-at-home
You will need:
One football, Outdoor space

FOOTBALL TOE TAPS

RECOMMENDED: 8+
DIFFICULTY RATING: ★★★

if you don’t have a football then any ball will be fine

Stand with the ball between your feet and slightly in front of you. Taking one foot in turn, tap the top of the ball with the underside of your toe. Easy enough, but try to build this up with faster and faster taps. The ball should stay in the same place.

See how many taps you can do in 30 seconds, and then try to beat your record.

Online Resources:
Check out the Online Soccer Academy’s YouTube channel for a great example of Toe Taps

www.active.leeds.gov.uk/healthy-at-home
You will need:
One football,
Outdoor space

KEEPY UPPIES

RECOMMENDED: 8+
DIFFICULTY RATING: ★★★★☆

If you don’t have a football then any ball will be fine

Using your feet, knees, chest and head, try to keep the football from touching the floor. Pretend you are your favourite football star and give it your best shot!

Too easy? Give it a go with a partner, passing the ball between yourselves in the air.

Online Resources:
Already mastered keepy uppies?
Check out the F2 Freestylers on YouTube to learn some tricks!

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MR MEN WARM UP

This is a great activity to do to get your body ready for more exercise!

The helper’s job is to call out different Mr Men. All you have to do is act like the Mr Man that gets called out:

- **Mr Rush** – Run around
- **Mr Slow** – Move slowly
- **Mr Noisy** – Make lots of noise
- **Mr Quiet** – Be super silent
- **Mr Jelly** – Shake your body
- **Mr Muddle** – Walk backwards
- **Mr Bounce** – Jump around
- **Mr Small** – Crouch to walk
- **Mr Tickle** – Shake your arms as you move
- **Mr Happy** – Move around with a big smile
- **Mr Strong** – Flex your muscles

There are 85 Mr Men and Little Miss characters, so get creative and come up with exercise for every single one!

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You will need:

One helper, indoor or outdoor space

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PALM WRESTLING

You will need:
Two people, indoor or outdoor space

RECOMMENDED: 8+
DIFFICULTY RATING: ★★

Stand facing your partner, 1 metre away from each other, and with your feet shoulder width apart. Whoever can make their opponent move their feet is the winner!

The only part of each other’s body you may touch is the palm of the hands. Anywhere else and you lose the game.

Good tactics are to push your opponent’s hands and then pull yours back so that they can’t push you. Pushing is not the only way to win this game!

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BODY ROCK, PAPER, SCISSORS

RECOMMENDED: 8+
DIFFICULTY RATING: ★

Stand opposite your partner, get ready to play Rock, Paper, Scissors and start the countdown!

Make sure you use these new signals:

**Rock:** Arms crossed on chest, fists near opposite shoulders.

**Paper:** Arms straight up in the air with palms flat out.

**Scissors:** Arms in a scissor shape and pretending to cut forwards.

Add in some exercise forfeits for the person that doesn’t win! To progress the game, try changing the signals to exercises such as lunges, squats or burpees.

If both players play the same move (e.g. rock and rock) then they must re-play to decide who wins.
SEATED OBSTACLE RACE

RECOMMENDED: 8+

DIFFICULTY RATING: ★★★

You will need (per person):
Three dried peas, a straw, a healthy snack and a bottles/glass of water

This is a seated version of a classic obstacle race. Seat everyone at a table, and give each person three dried peas, a drinking straw, a bottle of water and their favourite healthy snack. Each participant must use the straw to blow the peas off the table, one by one. Then they must eat their snack and use the straw to drink the water. Fastest person wins!

You can adapt this game by using other resources you have at home & by adding in physical exercises.
SILENT BALL

You will need:
Three or more people, one ball

Get everyone to stand around the room in random places. Give each person three lives and ask them all to be quiet! The game involves the players throwing the ball to each other.

A player loses a life if they: drop the ball, do a bad throw, or if they make any sound at all.

You can add in your own rules as the game goes on. For example, if you lose a life you have to stand on one leg or catch with one hand. Get creative!

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SOCK WARS

You will need:
Socks, blankets, pillows and chairs.

RECOMMENDED: 8+

DIFFICULTY RATING: ★★★

The setup of this game can actually be as fun as playing it. Divide into two teams, create some sock balls from pairs of socks, and then each team creates its fort! Blankets, pillows, chairs, and couches are all fair game. Once you have built your elaborate fort, make sure all breakables are cleared away and start throwing! If a kid is hit then they are out for the remainder of the game. The last team standing wins. It also translates well to an outdoor game – just make sure you bring in all the socks when you are done.

Hints and Tips:
If you don’t mind activity games to get a little bit crazy, this is the indoor game for you.
SPEED BOUNCE

RECOMMENDED: 8+

DIFFICULTY RATING: ★★

You will need:
A small obstacle, a stopwatch (or phone), indoor or outdoor space

Set up your obstacle with space around it. **Jump with two feet together** from side to side over the obstacle. Make sure both feet touch the ground when you land. How many jumps can you do in 30 seconds? Compete against your family and see who can do the most!

Make sure to wear sensible footwear for this activity, and see the picture for some guidance.

Online Resources:
Search ‘Speed Bounce’ on YouTube for some great examples

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STANDING LONG JUMP

You will need:
Tape measure, indoor or outdoor space

RECOMMENDED: 8+
DIFFICULTY RATING: ★★

Stand with two feet together on the start line (the beginning of the measuring tape), and jump as far as you can! Record your longest jumps. You can step forward after the jump, but any step back or touching of the mat behind the feet by any part of the body counts as a ‘no jump’. Compete against your family!

You can measure your results in feet if you haven’t a tape measure. Record your best result.

Techniques involving a crouch or rock leading up to the jump are permitted, providing both feet are alongside each other and stay in contact from the start of the action to the actual start of the jump - a one footed take-off is not allowed.

Online Resources:
Search ‘Standing Long Jump’ on YouTube for some great examples

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STANDING TRIPLE JUMP

You will need:
Tape measure, indoor or outdoor space

RECOMMENDED: 8+
DIFFICULTY RATING: ★★★★

Standing at the start line (the beginning of the measuring tape), you must hop, skip and jump as far as you can.

The hop is performed by landing on the same foot used for the take off. The next stage is a step taken on the other foot, after which the jump is performed landing with both feet together.

Practice the three parts individually and then put them together. How far can you triple jump? Compete against your family and record your best results!

Online Resources:
Search ‘Standing Triple Jump’ on YouTube for some great examples.

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TENNIS DRIBBLE

RECOMMENDED: 8+

DIFFICULTY RATING: ★★★★

You will need:
One tennis racket (or a book), one tennis ball (or any ball), outdoor space

This is an upside down version of ‘The Frying Pan’. Hold your racket in one hand and the ball in the other. Drop the ball in front of yourself and use the racket to hit the ball back towards the ground. Try to bounce the ball repeatedly against the ground. How many bounces can you do without losing control of the ball?

Too easy?
Make it harder by moving around your space.

Online Resources:
Look online at LTA.org.uk for some great tennis games to play at home

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THE FRYING PAN

You will need:
One tennis racket (or a book), one tennis ball (or any ball), outdoor space

Recommended: 8+

Difficulty Rating: ★★★

Using one hand, hold the tennis racket like a frying pan. Place the ball on the strings and slowly move the racket up and down until the ball starts to bounce. How many bounces can you do without dropping the ball?

Too easy?
Make it harder by moving around your space. Think you’re a pro? Try turning the racket over in between each bounce!

Online Resources:
Look online at LTA.org.uk for some great tennis games to play at home

www.active.leeds.gov.uk/healthy-at-home
VERTICAL JUMP

You will need:
Tape measure, indoor or outdoor space.

RECOMMENDED: 8+

DIFFICULTY RATING: ★★

Stand with you back and head touching the wall as shown in the picture below. Reach both arms upwards and measure the highest point you can reach. We’ll call this your base height.

For the jump, you should turn sideways to the wall, and from a standing position, jump and touch the measuring tape as high as you can! We’ll call this your jump height.

To record your result you must subtract your ‘base height’ from your ‘jump height’. Ask an adult for help if you need to. Have fun!

Online Resources:
Search ‘Vertical Jump’ on YouTube for some great examples

www.active.leeds.gov.uk/healthy-at-home
You will need:

Two people, one football, and outdoor space

**VOLLEYS**

**RECOMMENDED:**

8+

**DIFFICULTY RATING:**

★★★

*if you don’t have a football then any ball will be fine*

Give your partner the ball to hold, and stand a short distance away from them. Ask them to throw the ball to your right side so you can gently side foot volley the ball back into their hands. Do 5 volleys on your right foot, 5 on your left foot and then switch with your partner.

To change it up, use the top of your foot, or try controlling the ball on your thigh and then volleying it.

**Online Resources:**

Check out the [F2 Freestylers](https://www.youtube.com) on YouTube for some great football videos!
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**BASKETBALL COLOUR IN**

**Recommended:** 8+

**Difficulty Rating:** ★

*You will need:*

Felt tip pens or crayons

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CRICKET COLOUR IN

RECOMMENDED: 8+
DIFFICULTY RATING: ★

You will need:
Felt tip pens or crayons

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FOOTBALL COLOUR IN

RECOMMENDED: 8+
DIFFICULTY RATING: ★

You will need:
Felt tip pens or crayons

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www.active.leeds.gov.uk/healthy-at-home
You will need:
Felt tip pens or crayons

SKATEBOARD COLOUR IN

RECOMMENDED: 8+
DIFFICULTY RATING: ★

www.active.leeds.gov.uk/healthy-at-home
You will need:
Felt tip pens or crayons

SWIMMING COLOUR IN

RECOMMENDED: 8+

DIFFICULTY RATING: ★

www.active.leeds.gov.uk/healthy-at-home
You will need:
Felt tip pens or crayons

TENNIS COLOUR IN

RECOMMENDED: 8+
DIFFICULTY RATING: ★

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www.active.leeds.gov.uk/healthy-at-home
CROSSWORD

RECOMMENDED: 8+
DIFFICULTY RATING: ★ ★ ★

Across
2. What is the nickname given to people from Leeds? (7)
4. What is the name of Leeds United’s home ground? (6,4)
9. What county is Leeds in? (9)
11. Which is the 3rd biggest city in the UK? (5)
15. What is the name of the shopping centre built in 1997? (5,4)

Down
1. What city is Leeds connected to by the canal? (9)
3. What song do both Leeds United and Leeds Rhinos fans sing? (8,2,8)
5. In 1851 Bones of what animal were found in Wortley? (12)
6. What TV soap is filmed in Leeds? (9)
7. What is the surname of the world champion triathletes from Leeds? (8)
8. Emerald Headingley stadium is home to which rugby league team? (5,6)
10. Which singer sold out Roundhay Park in 2019? (2,7)
12. What sport is Nicola Adams famous for? (6)
13. Leeds United’s mascot is called Lucas the…? (3,3)

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PICTURE CROSSWORD

You will need:
Pen or pencil

RECOMMENDED: 8+
DIFFICULTY RATING: ★ ★ ★

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You will need:
Pen or pencil

BASKETBALL MAZE

RECOMMENDED: 8+
DIFFICULTY RATING: ★ ★ ★

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You will need:
Pen or pencil

BOXING MAZE

RECOMMENDED: 8+

DIFFICULTY RATING: ★ ★ ★
You will need:
Pen or pencil

FOOTBALL MAZE

RECOMMENDED: 8+
DIFFICULTY RATING: ★ ★ ★

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ICE SKATING MAZE

You will need: Pen or pencil

RECOMMENDED: 8+

DIFFICULTY RATING: ★ ★ ★

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You will need:
Pen or pencil

SPOT THE DIFFERENCE

RECOMMENDED: 8+
DIFFICULTY RATING: ★ ★ ★

Can you find the 10 differences between these pictures?

A

B
You will need: 
Pen or pencil

AREAS OF LEEDS WORD SEARCH

RECOMMENDED: 8+ 
DIFFICULTY RATING: ★ ★ ★

Can you find all the local areas of Leeds?

Armley  Bramley  Wortley
Hunslet  Middleton  Beeston
Burmantofts  Gipton  Seacroft
Morley  Holbeck  Whinmoor
Harehills  Kirkstall  Pudsey

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You will need: Pen or pencil

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SPORT WORD SEARCH

RECOMMENDED: 8+

DIFFICULTY RATING: ★ ★ ★

Can you find all of the sports?

Football
Tennis
Swimming
Basketball
Sailing
Badminton
Cricket
Rounders
Running
Netball
Climbing
Cycling
Hockey

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