



Creative Activities For Little Ones (Under5's)

Family workout – Superhero Circuit

With the kids at home and most organised sport suspended, it can be quite a worry about how you can all stay active during this time. However, we've come up with the perfect circuit you can all get involved with at home. So whether it's super strength or lightening speed you're after, you'll soon feel like a true superhero while getting in your daily recommended exercise.

Simply set up 6 different stations and use paper to write the activity on so you don't forget as you move around the circuit. Everyone starts at a different station and moves around after 30 seconds of activity. Add a 30 second rest in between each activity if you wish. If you want to make it even more fun why not add some upbeat music to keep you motivated?



Station 1 – Lightning Speed Shuttle Runs

Set out 2 objects a distance away from each other and continuously run from one to the other for the full 30 seconds.

Station 2 – Agile Agility Run

Set out several different objects to use as hurdles and run up the course leaping over the hurdles. Once you get to the end, run back to the beginning and do it again.

Station 3 – Superhuman Strength Smash

Lay out several household items that can be picked up. When ready, bend your knees to pick up one item, lift it above your head, place it back down and repeat.

Station 4 – Turbo Boosts

It's time for some burpees! Start in a press up position, bring your feet forward and then jump (boost) up into the air and repeat.

Station 5 – Bow and Arrow Balance

Test your balance and stand on the spot on 1 leg while pretending to hold a bow.

Station 6 - Hammer Swing

Grab a small pillow or cushion – this will be your hammer. Keeping your hips still, swing the hammer side to side.