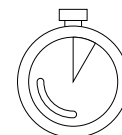


Join the New Moves Club!



Just 10 minutes of movement can make a difference.

It can help children feel happier and healthier, and each minute counts towards the NHS recommended 60 minutes of physical activity a day. Choose any of the six badge ideas, adapt it to suit your family and have a go together. Start with whatever feels right and colour in the badges as you complete them - every move counts.



Soundtrack statues

Choose a **Freeze DJ** to play a song. Everyone dances, wiggles and spins! When the music stops, the Freeze DJ strikes a balancing pose and everyone copies. Can you hold for **five seconds**?

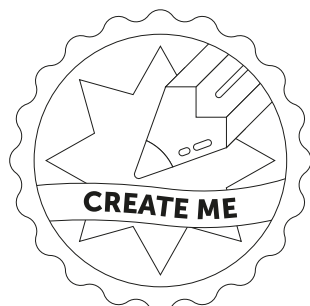
You can play standing, sitting or lying down – **every move counts!**



Pass it on

Choose a **soft household item**, such as a pair of rolled-up socks or a cushion. **Pass, roll or gently throw** it to each other. Can you change the distance, speed or find another creative way to pass it to the next person?

Keep a family tally of how many different ways you discover!



Story movers

Move like a **character of your choice**. Can you sneak like a spy or fly like a superhero? Next, choose a favourite character from a book, film, game or story and **invent your own movements**.

Take turns performing them - **can everyone guess who you are?**



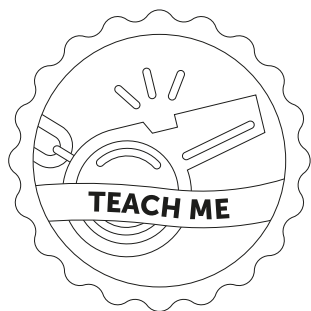
Skill swap

Choose an **active challenge** you've never tried before.

Give it a go together for at least 10 minutes. You could explore a new route, visit a different park or try a yoga video.

Take turns choosing challenges and cheer each other on.

The aim isn't to be perfect - just have fun trying something new!



The move swap

Choose a **Move Leader**. They teach everyone a game, dance move or activity they enjoy - show **one step at a time!**

Everyone go before swapping leaders. You could teach a playground game, a sports skill or your favourite dance move.

Everyone gets a turn to be the coach!



The Trail Challenge

Choose a **short route outdoors**. The first person picks a simple challenge, like walking sideways to the next tree, walking heel-to-toe in a straight line or hopping for three steps. The **next person** completes that challenge and adds a new one. How long can your family keep the challenge trail going? Remember, you can work as a team to remember the sequence!

Top tip: make sure everyone chooses challenges that can be adapted so the whole family can join in.

All 6 badges collected?

Fantastic! You've tried **new moves**, learned from each other and can now collect a certificate from school!

Enjoyed a challenge?



Scan the QR code for more activities, tips and family challenges. Every bit of movement counts.
www.nhs.uk/Letsmove

New Moves Club is all about having fun and giving things a go together!

ove. Dance. Play. Jump. Sto