



Moving Pairs

This game works well as a quick energy booster when you've been sitting for too long. It can also make a good warm up before a longer workout or you can combine it with other movement games for a longer PE/movement session.

All you will need for this game is a pack of cards and some space.

Good for:

- Movement breaks (after long periods of sitting);
- Using as a warm up before a workout;
- Concentration and memory;
- Having FUN!

You will need:

- A pack of cards (pairs cards or normal).

How it works:

Game 1: Make it big

This is basically just a game of pairs but you can make it a bit more exciting (and active) by placing the cards around a room so that you have to move to get to each one. If you don't have much space, get creative. Maybe you have to stand up and turn around between each go; maybe some of the cards are on the floor and others are higher up; maybe you have to hop or skip or jump to get the cards.

Game 2: Upstairs-downstairs

This is a great one to play if you have stairs in your home. Going up and down stairs can be an excellent exercise to include in home-based workouts or games. In this version of pairs, you will need to pair up the cards to begin with. Now, put one of each card in one pile and the matching pair in a second pile.

Spread one pile out around the downstairs and then take the other pile upstairs. You can either hide the cards upstairs (to make it more like a treasure hunt), place them face down like in a normal game of pairs, or place them face up to make it quicker to find them.

Kids can work as a team or take it in turns. Pick a card from downstairs and then (safely) hurry upstairs to find the matching pair. Bring it back downstairs and go again.

For more activities like this, head over to www.can-do-kids.co.uk.

Health and safety

- All activities suggested in this resource should be supervised by an adult and are undertaken at the participants'/supervising adult's own risk.
- Make sure you check your area is clear of tripping hazards and sharp corners etc. before you start. Adapt the workout to make sure it is safe and suitable for the space you have. Always have water on hand so that you can all stay hydrated whilst you exercise.
- Make sure you warm up before starting. 5 minutes of moving all the joints and slowly elevating the heart rate will be fine. Your kids will more than likely have done warm ups and cool downs in PE at school so get them to lead this section if you like.