



Cork  
Sports Partnership  
Comhpháirtíocht  
Spóirt Chorcaí

— SPORT IRELAND —

*Cork Sports Partnership*



**Family Fun Fitness Pack**



## **General Movement Circuits**

Mobility, stability and body awareness are some skills that children will benefit hugely from developing. The general movement circuit below is fun & challenging. It can be completed in the house or out in the garden.

Please focus on the quality of each movement as opposed to the speed. Below is a circuit that you can complete with your children to improve their overall physical literacy. It can also be used as a great warm up.

Included with your exercise programme is a Timetable & Checklist which will help you to plan and track your goals as you progress through the programme. Feel free to print off these pages and mark them off as you go

### **Circuit**

1. 3-5 Hip Flow each side
2. 3-5 Cat Camels
3. 6-10 Ankle Walk Outs each side
4. 3-5 T-Spine Openers each side
5. 5-10 Hindu Push Through
6. 5 Worlds Best Stretch each side
7. 8-10 Shoulder Taps each side

Please see this link for a demonstration of each movement used.

[Click here: General Movement video demo](#)

### **Animal Crawls**

The following crawling series is a fun way to expose the body to challenging movement patterns!

Find some space at home or in your garden. You can complete the crawls as listed below or each day complete the animal crawls shown on your checklist!

### **Crawls**

1. Bear Crawl
2. Crab Crawl
3. Duck Walk,
4. Inch Worm
5. Hermit Crawl
6. Gorilla Crawl
7. Spiderman Crawl

Please see this link for a demonstration of each crawl used.

[Click here: Animal Crawl video demo](#)

# Family Fun Activity Checklist

*With Cork Sports Partnership*



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## Day Movement Animal Crawls

Monday



Tuesday



Wednesday



Thursday



Friday



WEEK

