

Safe and active at home

Staying active is important as is doing so carefully in a safe environment. Staying safe is important when having fun. So is being aware of your surroundings and knowing what to do if someone does get injured.

Even stars who have taken to You Tube and social media to share their workout routines are not immune to bumps as Rita Ora showed recently when she bumped her head in an exercise video. Even the “nation’s PE teacher” Joe Wicks had to take time out to fix a broken bone.

The activities below show us how we can stay active and stay safe at the same time and show kindness to those in our house by helping them if they need first aid. Learning first aid is important to being resilient. Help your household to be kind and resilient by learning some home sports first aid.

Learning objectives

Learners will:

- Learn first aid
- Develop awareness of your surroundings and actions
- Learn how to stay active and safe at home
- Think about ways we are kind to ourselves

Movement activity: The isolation games* (7-19)

The British Red Cross has teamed up with the Team GB Olympics team to show how we can all stay fit in our houses and have fun at the same time. The Olympics and Paralympics are worldwide sporting competition held every four years. The world’s athletes were looking forward to the Tokyo Olympics this year, but they have now been moved to next summer because of Covid-19. They have adapted to do what they can from their houses.

You can take part at home with your family. Think about an Olympic game you can do safely in your house with your family. Some ideas of things you can do are:

- > synchronised ‘swimming’
- > a relay race in the garden
- > a ball game like table tennis or football

Learn more about Olympic sports from [the list](#) on the Team GB website.

Remember to use a safe open space. Move anything that might cause accidents. Don’t try and do anything too difficult – Olympic athletes train for many years to be able to do these sports. Make sure parents are involved to help keep you safe.

Reflect on the importance of staying active.

- > how is being active a way of being kind to yourself and your body?
- > how do you feel when you do something active?
- > how can we be kind to others when we play sports?

*Parents can watch and submit videos of the Isolation games on [our TikTok channel](#). TikTok is a social media channel and users must be over 13. Please practice safe internet skills.

Extension activity: Connections of support (ages: 7-19)

Part of learning how to do sport at a high level is having a lot of help and support from teammates, family and coaches.

How do you show kindness by supporting your family and friends?

Pick five people you know and care about a lot. Think about one kind way you support those people. Think about one way they people support you. Create a piece of artwork or poem to show these supportive relationships.

Extension activity: Olympic spirit (ages 11-19)

Think about the phrase “Olympic spirit”:

- > what does this mean to you?
- > what qualities do you think Olympians and Paralympians have?
- > what qualities do you have that are similar or that you would like to develop?
- > could you learn a new skill like first aid to help with developing these qualities?

Research a famous Olympic or Paralympic athlete who you believe shows the qualities you identified. Create a short presentation or poster about this person to share your knowledge with others.

How has this person shown kindness and resilience? You can interpret these words however you like.

What can you do in your daily life to be kinder and more resilient?

First aid skill activity: What do I do? (ages 7-19)

Even when we are working hard to stay safe, accidents can happen. Knowing what you can do in your house to help someone who is injured is important. Use the new [First aid champions website](#) to learn what to do if you bump your head, twist an ankle or even break a bone whilst doing sports. Watch the films on each first aid skill page and learn the following skills.

- > Head injury

[Link for 7-11 year olds](#)

[Link for 12-19 year olds](#)

- > Sprains and strains

[Link for 12-19 year olds](#)

- > A broken bone

[Link for 7-11 year olds](#)

[Link for 12-19 year olds](#)

Test yourself with the quiz section.

After learning each skill practice your knowledge by roleplaying a situation with your family. Download the ‘Role play card’ on each first aid skill page for guidance.

Share your knowledge by teaching other people in your household the skill in a creative way. Go to the share page in each section for ideas.

To continue learning first aid make your way through the rest of the [First aid champions website](#). For a helpful pathway to guide you through the website check out the home learning pathway in each support and guidance section.