

# Making Every Contact Count

across Gateshead



Physical Activity

# Games and Activities



**WALK  
10MINS  
A DAY**



# Wordsearch

Can you find the 12 different sports below?

D	N	B	C	W	C	A	L	H	L	H	I	S
L	L	A	B	Y	E	L	L	O	V	R	N	G
C	A	T	H	L	E	T	I	C	S	U	N	S
N	T	E	N	N	I	S	A	K	S	G	T	W
I	Y	B	G	U	R	V	A	E	L	V	L	I
F	I	O	Y	S	O	W	I	Y	U	B	L	M
Y	O	W	B	D	A	N	C	I	N	G	A	M
A	S	O	U	C	B	B	C	U	E	T	B	I
M	V	I	T	C	N	I	O	V	N	W	T	N
Y	L	M	R	B	D	M	B	D	U	I	E	G
O	A	M	F	Y	A	M	V	T	I	M	N	B
G	I	S	G	N	I	L	C	Y	C	V	T	C
A	Y	B	O	I	G	Y	L	N	G	O	O	Y

Athletics  
Boccia  
Cycling

Dancing  
Football  
Hockey

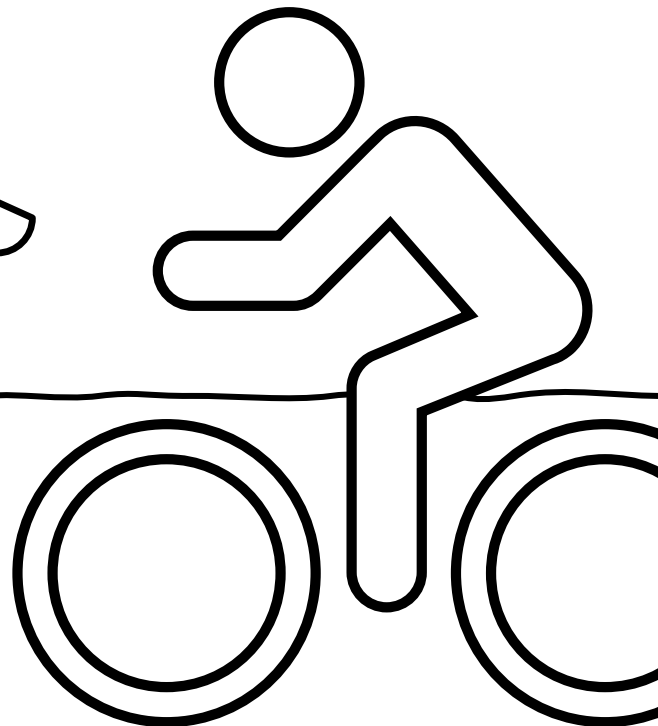
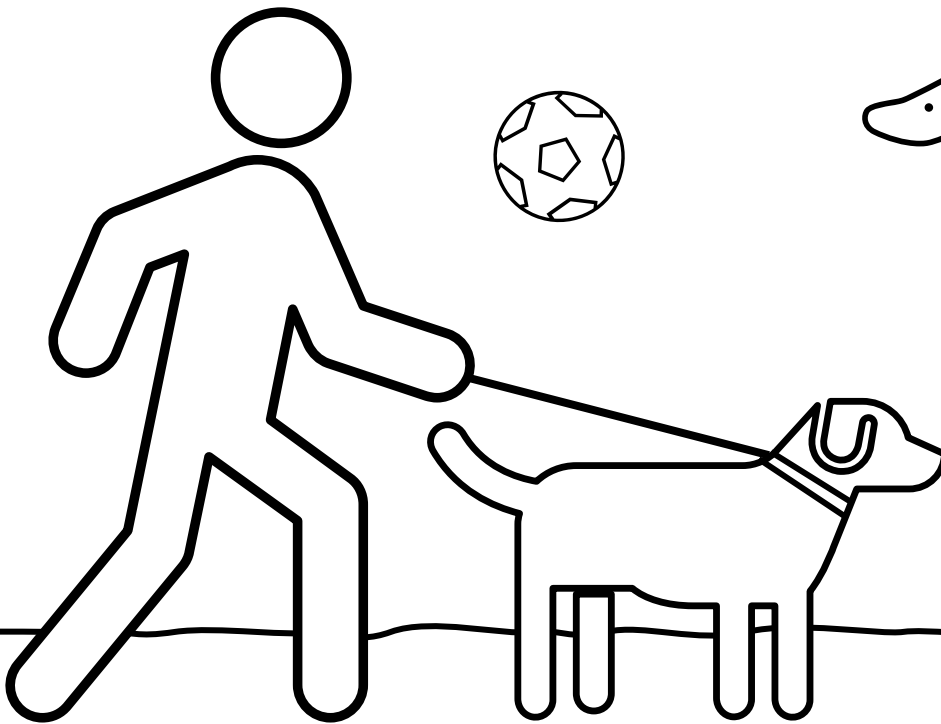
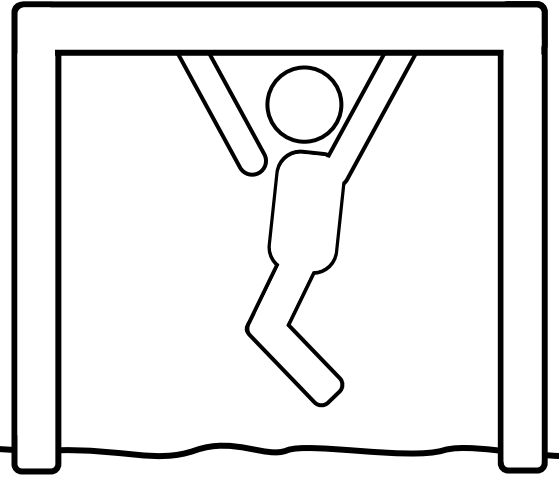
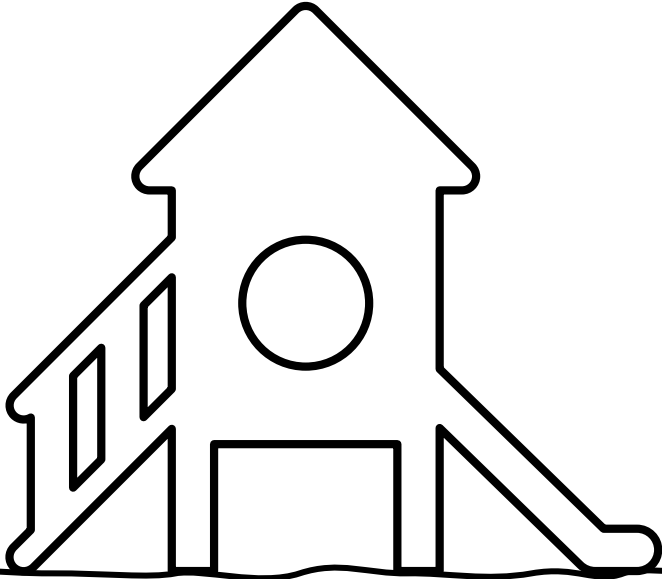
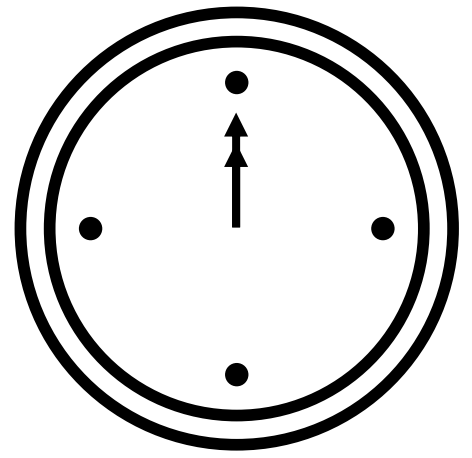
Netball  
Rugby  
Swimming

Tennis  
Volleyball  
Yoga

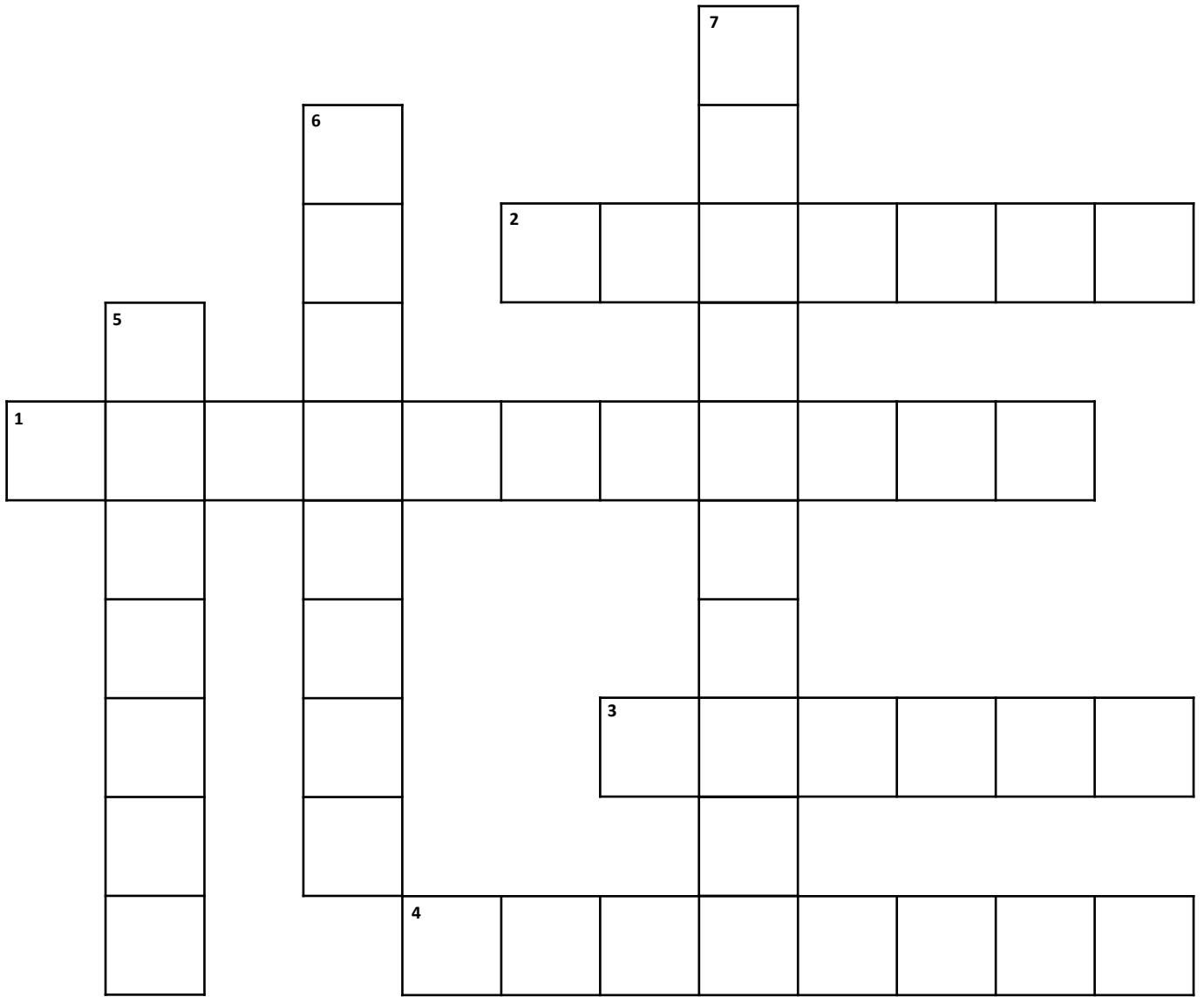
Aim for 60 minutes of activity a day. Find more ideas, information and ways to try new sports or activities at [www.nhs.uk/healthier-families/](http://www.nhs.uk/healthier-families/)



AIM FOR 60 MINUTES  
OF MODERATE  
ACTIVITY A DAY

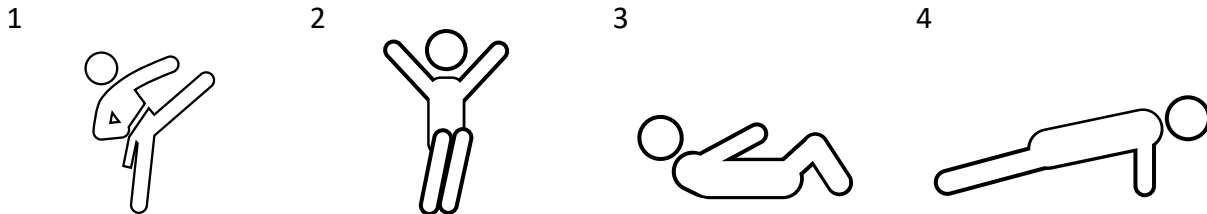


# Crossword

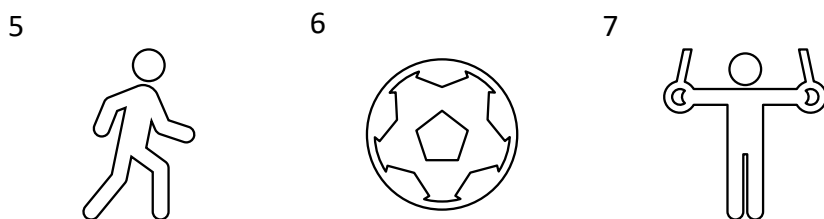


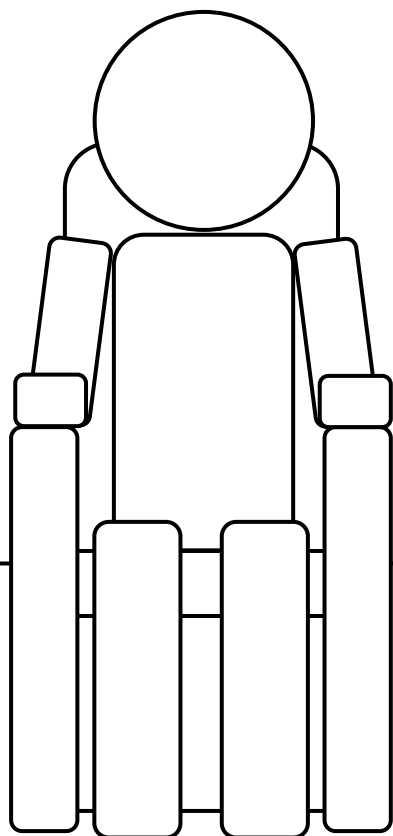
Fill in the blanks using the pictures as a guide to find activities that help strengthen muscles and bones

## Across

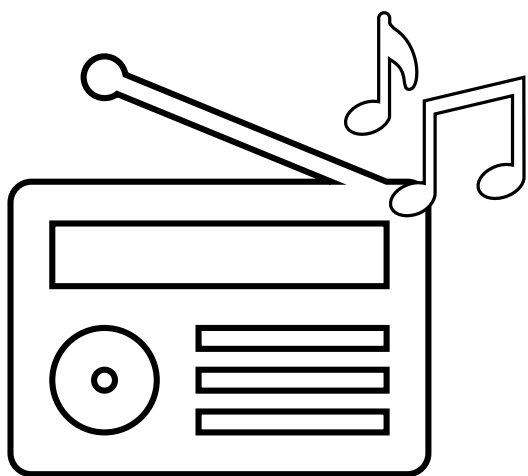
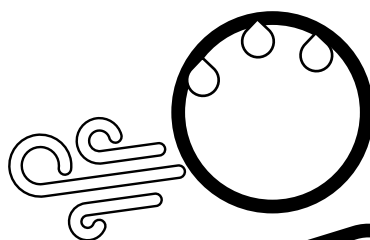
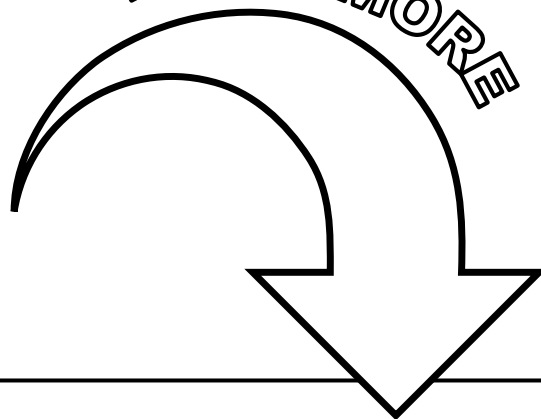


## Down



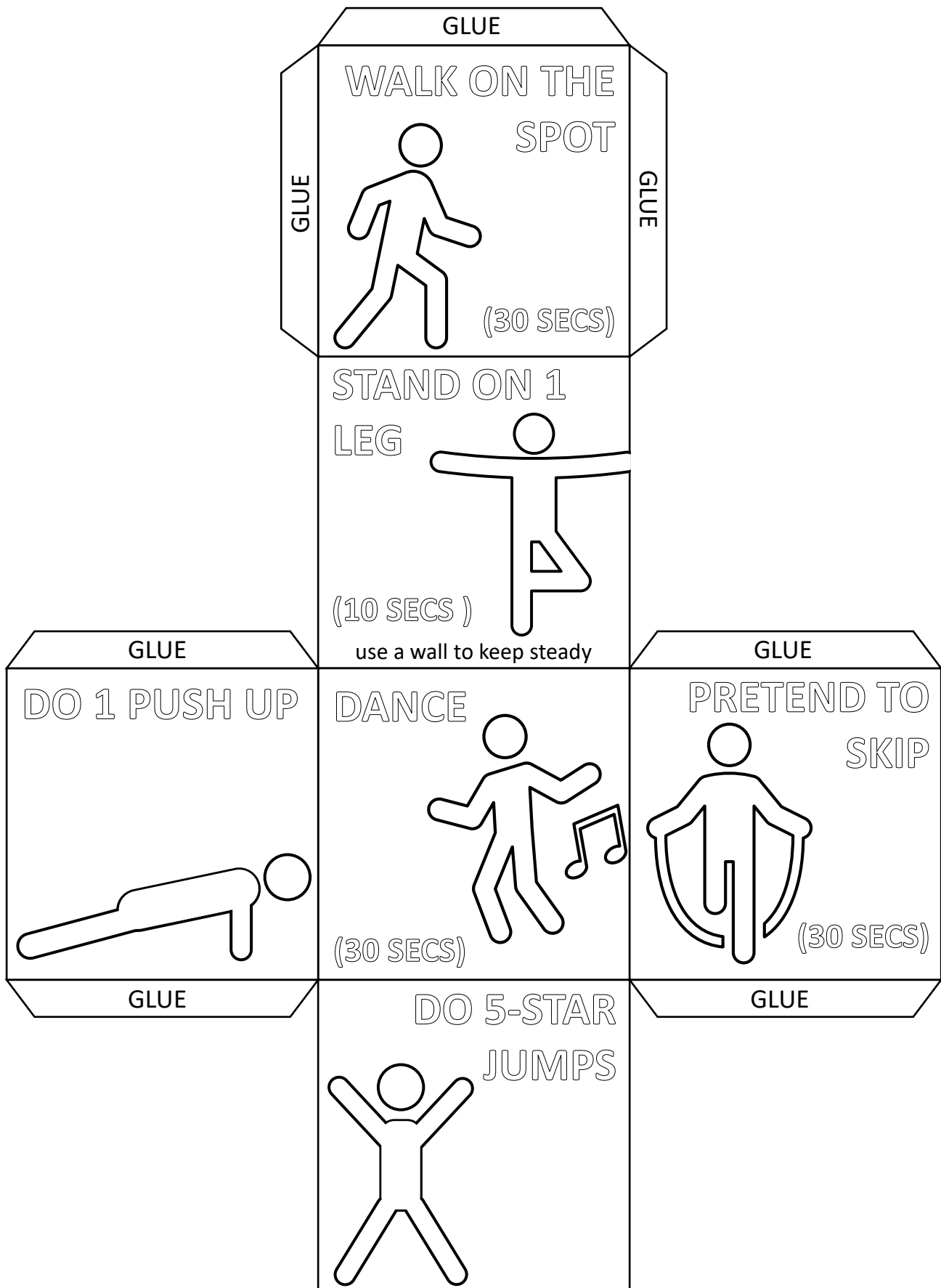


MOVE MORE



ALL ACTIVITIES SHOULD  
MAKE YOU BREATHE  
FASTER & FEEL WARMER

# Activity Dice



Colour in the dice. Cut out the dice. Fold along the inside lines. Apply glue on 1 of the tabs. Glue the tab behind the adjacent face. Glue the rest of the faces together to form the dice.

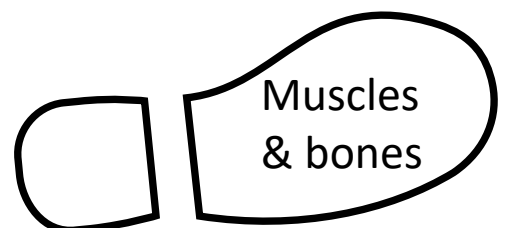
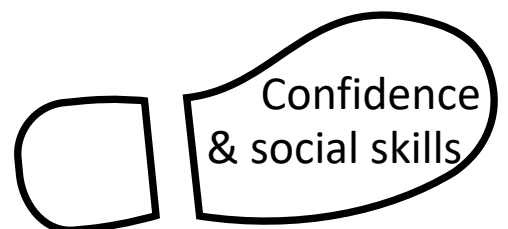
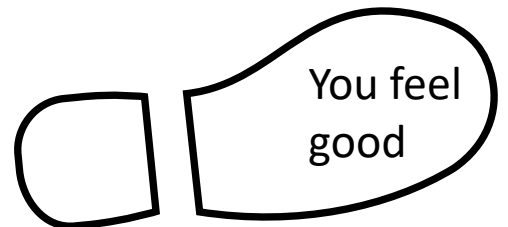
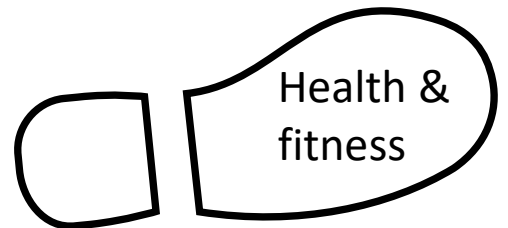
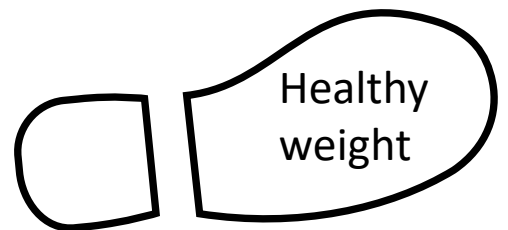
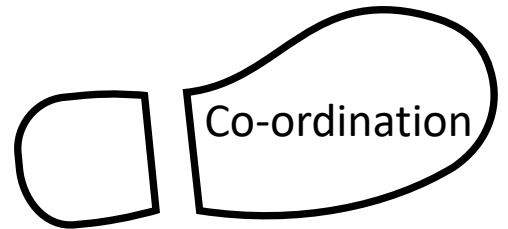
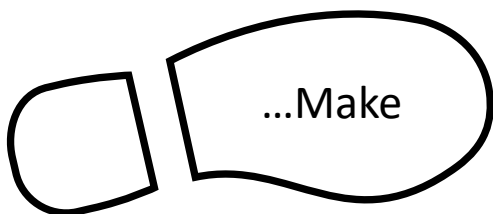
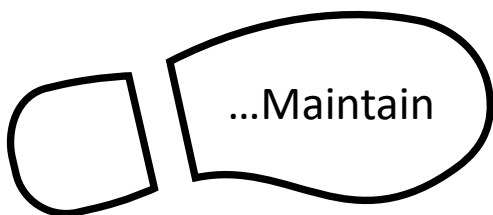
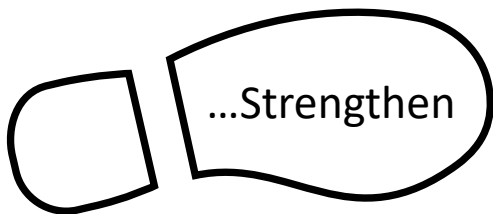
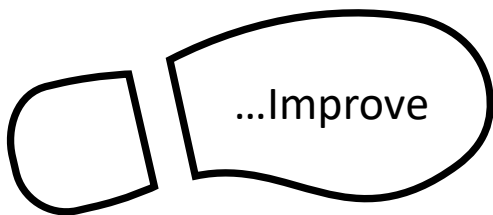
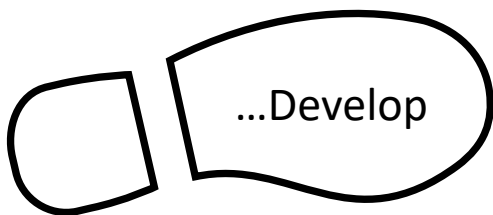
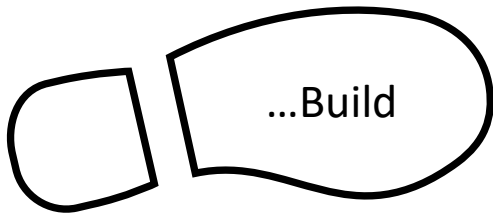


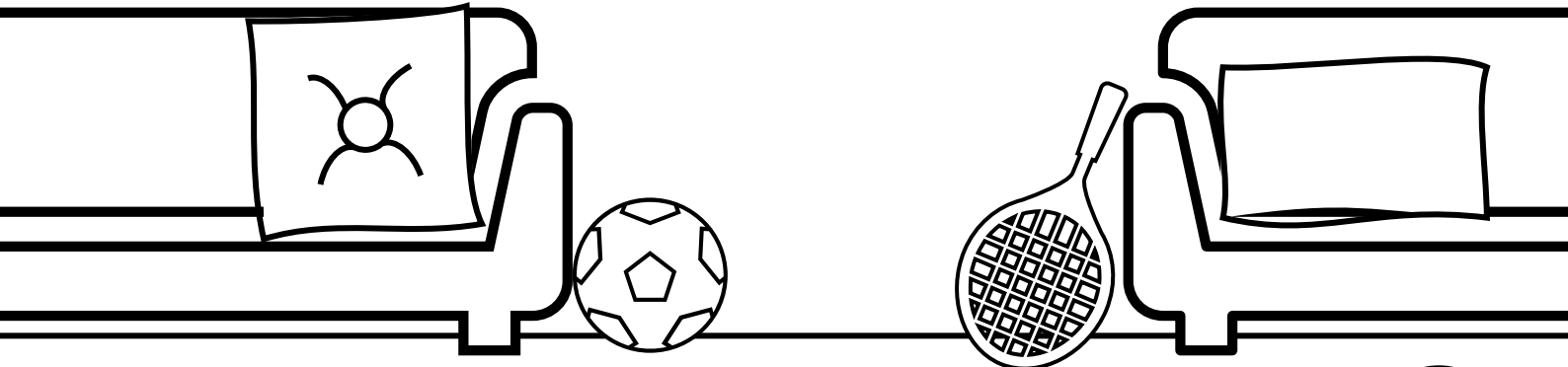
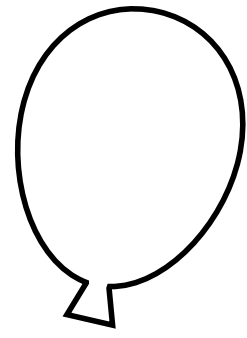


# Matching

Pair the words on the left to the correct answers on the right to find out how doing regular physical can help your body and wellbeing.

PHYSICAL ACTIVITY HELPS...

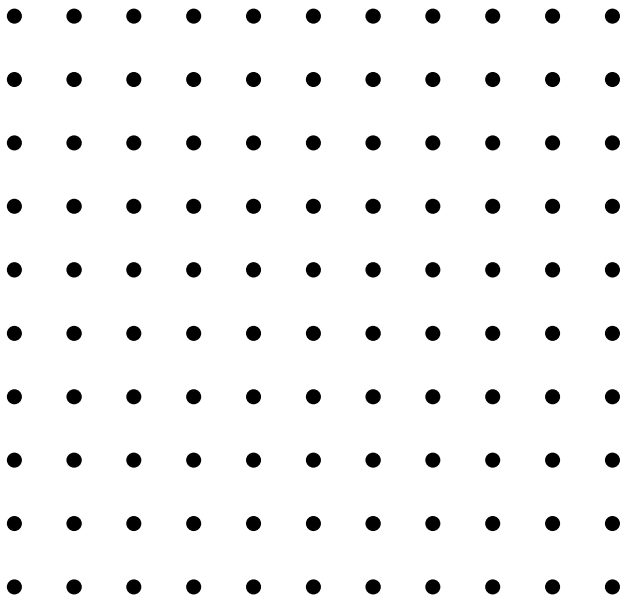




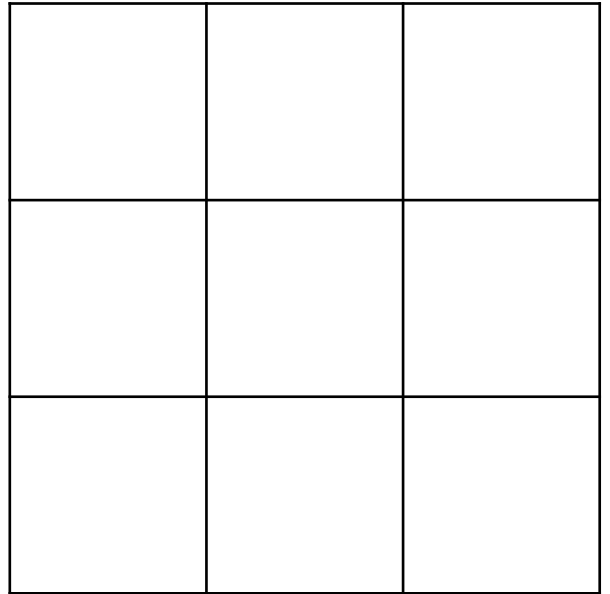
**FIND WAYS TO KEEP MOVING AT:  
[WWW.NHS.UK/HEALTHIER-FAMILIES/](http://WWW.NHS.UK/HEALTHIER-FAMILIES/)**

# Just for fun

## Dots and boxes



## Xs and Os



Spot the difference – Can you Spot the 6 differences below?

