

Take 10 – list of activities indicating whether they are sufficiently active enough for the WAVES study physical activity target

ACTIVITIES AND CHALLENGES FOR SMALL SPACES		
	Activity name	Sufficiently active?
1	Pass the beanbag	Yes
2	Beside the sea	Yes
3	Row your boat	Yes
4	Fairytale Fun	Yes
5	Direction	Yes
6	Circles	Yes
7	Noah's ark	Yes
8	Tigger Pooh ...	Yes
9	Animal Dice	Yes
10	Cycling	Yes
11	Circuit	Yes
12	Fruit squash	Yes
13	Pass the beanbag	Yes
14	Let's go ...	Yes
15	Pirates are ...	Yes
16	Fairytale Fun	Yes
17	directions	Yes
18	Squares	Yes
19	Skipping	Yes
20	Cartoon fun	Yes
21	Dancing Dice	Yes
22	Cycling	Yes
23	Circuit	Yes

RUNNING AND CHASING GAMES		
	Activity name	Sufficiently active?
25	Bean bag chase	Yes
26	Bean bag frenzy	Yes
27	Circle chase	Yes
28	Circle chase 2	Yes
29	Follow my leader	Yes
30	Freeze	Yes
31	Horses and Jockeys	Yes
32	Ladders	Yes
33	Stuck in the Mud	Yes
34	Tails	Yes
35	Traffic lights	Yes

COORDINATION AND MANIPULATION CHALLENGES		
	Activity name	Sufficiently active?
36	Action mimes	Yes
37	Bubble fun	No
38	Double Doodle 1	No
39	Follow the leader	Yes
40	Magic hands	No
41	Number up 1	No
42	Old Macdonald	Yes
43	Roll...stop!	No
44	Rolling journey	No
45	Sculpturing	No
46	Imaginary Rope ...	Yes
47	Figure of 8s	No
48	Bean Bag Catch	No
49	Circle Pass	No
50	Double Doodle 2	No
51	Drop...catch	No
52	Emotional Actions	No
53	Friendly Backs	No
54	Move and Bee	Yes
55	Number up 2	No
56	Pair imaginary ...	Yes
57	Seated rowing 1	Yes
58	Simon says	No

ACTION RHYMES		
	Activity name	Sufficiently active?
59	Five little Monkeys	No
60	Clap your hands	No
61	Down in the Jungle	No
62	Teddy bear ...	No
63	The bear came over	No
64	There was a little ...	No
65	Wheels on the bus	No
66	Wind the bobbin up	No
67	Boa Constrictor	No
68	The grand old duke	No
69	If your happy	No
70	Oliver Twist	No
71	Row your boat	No
72	One finger one ...	No
73	Dingle Dangle ...	No
74	Do your ears hang ...	No
75	Going for a ride	No
76	What shall we do?	No
77	Head, shoulders...	No
78	Hockey Cokey	No
79	Johnny Taps	No
80	Junk food	No
81	Little Rabbit Foo Foo	No

24	Vegetable ...	Yes
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82	My Bonnie	No
83	My father ...	No
84	Push the damper in	No
85	Peter Rabbit	No
86	Hands on myself	No
87	Swimming Swimming	No
88	Ten in the bed	No
89	This old man	No
90	When I was one	No
91	When you go ...	No