

Keeping Fit & Healthy at Home

It is important that you keep active whilst learning at home.

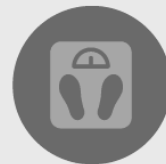
REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy bones, muscles and joints



Helps reduce the risk of developing obesity and chronic diseases



Helps to achieve and maintain a healthy body weight.



Improves the quantity and quality of sleep



Greater self-esteem and better self-image



Improves coordination and motor skills

Your Task...

Each week you could try to complete at least two challenges and tick off the ones you have completed.

You can record our progress and put it up around the house, on the fridge ... be creative!

- Send a photo to inspire a family member
- Film your workout
- Make a drawing of what you did
- Write it up as an experiment
- Record data from a smart watch, step tracker, etc.

Why not get your family involved too and get everyone doing some exercise!

Use whatever you can find around the house to help you complete the challenges...

If you don't have a 'ball' use a toilet roll

If you don't have any 'weights' use tins of beans.

The Challenges...

Challenge 1

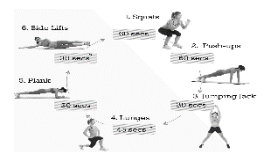
Complete a 5-a-day sequence or Joe Wicks session.

- See if you can get a member of your household involved.

Challenge 2

Design your own workout – Circuits!

Plan your own 6 station circuit and complete it at least twice this week.

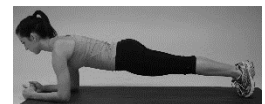


Challenge 3

How long can you hold a plank for?

Try and add at least 5 seconds more every day this week.

How long can you do by the end of the week?



Challenge 4

Stork stand – how good is your balance?

How long can you stand on one leg for without losing your balance?



The Challenges...

Challenge 5

Teach yourself to juggle!

Get 3 balls or whatever you can find and have a go!

Do some research to help you find the correct technique.



Challenge 6

Design your own workout – Dance

Do some research and then plan your own dance workout and complete it at least twice this week.



Challenge 7

See how many sit-ups you can do today.

Try and add at least 2 more every day this week.

How many can you do by the end of the week?



Challenge 8

Alternate wall toss – how good is your coordination?

How many times can you throw and catch the ball against the wall without dropping it... one hand only!

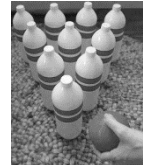


The Challenges...

Challenge 9

Set up your own 10-pin bowling and try and get a strike.

Get 10 empty bottles, cans, cartons, etc and stand them up in a triangle formation. Roll a ball at them and see if you can get them all down in one go!



Challenge 10

Design your own workout – Yoga

Do some research and plan your own yoga workout and complete it at least twice this week.

Take some ideas from Cosmic Yoga

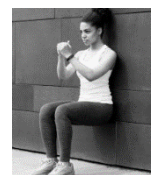


Challenge 11

How long can you wall sit for?

Try and add at least 5 seconds more every day this week.

How many can you do by the end of the week?



Challenge 12

Press-up test – how good is your muscular endurance?

How many press-ups can you do in 30 seconds?



The Challenges...

Challenge 13

Come up with a sport related cheer routine and perform it for your family.



Challenge 14

Design your own workout – Aerobics

Do some research and plan a 10 minute workout that will get you out of breath and your heart pumping. Complete it at least twice this week.



Challenge 15

How many steps can you do today, without leaving your house?

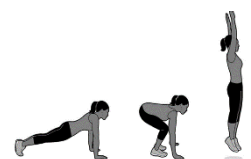
Tip – Most phones have a step counter on them if you look or you could use a fitness tracker!



Challenge 16

Burpee test – How good is your leg strength?

How many burpees can you do in 5 minutes?



Tip – if you don't know how to do a burpee... google does!

The Challenges...

Challenge 17

Create your own gymnastics routine and perform it for your family.



Challenge 18

Design your own workout – Boxercise



Do some research and plan a 10 minute shadow boxing workout that will get your heart pumping. Complete it at least twice this week.

Challenge 19

How many times can you throw and catch a ball with a partner before you drop it?



Challenge 20

Speed Bounce – How good is your speed? How many side-to-side jumps can you complete in 1 minute?



The Challenges...

Challenge 21

How many keepy-uppys can you do without stopping?



Challenge 22

Throw a ball up in the air, how many times can you clap before you catch it again.



Challenge 23

How long can you balance a ball on your forehead without it falling off?



Challenge 24

20 Minute Run – how good is your cardiovascular fitness? See how far you can go in 20 minutes. Tip – You can measure the distance using google maps if you don't have a fitness tracker!

