

ACTIVE HOME WEEK!

Try and complete 60 minutes of activity every day this week!

Here are some ideas of how you might do that!

Cycle your bike/ride your scooter	Go for a walk	Dance to your favourite song	Skip for 2 minutes (Count how many skips you can do in a row)	Kick a ball with someone. Create your own ball game!
Active housework (sweeping, hoovering, etc)	Play tag/catch	Play a physical activity GAME of your choice	Play balloon volleyball/tennis (Use a fly swat as a racket and balloon as a ball)	Go on a scavenger hunt or play some hopscotch
Keepy Uppy Challenge (How many can you do in a row?)	Throw and catch a ball with/without someone	Create your own obstacle course	Free play outside	Parents/Guardians choice of physical activity (Maybe teach them a new skill!)
Solo a ball using your right and left foot	Run for 5 minutes	Pick Your Own Activity!	Play Simon Says using exercises	Play Basketball (See how many points you can score)
* Hold the plank for 10-30 seconds	* 10 jumping jacks	* 20 high knees	* 20 heel kicks	* Air boxing for 10 seconds (repeat 5 times)
* Hop on left leg ten times	* Hop on right leg ten times	* 10 squats	* 20 sit ups/crunches	* Run on the spot for 30 seconds
* 10 toe touches	* 10 push ups (on knees)	* 10 lunges	* Standing jump for distance (repeat 5 times)	* Squat and Jump 10 times

**Mix and match these activities to make up a circuit of exercises.*



Our Motto:

Being Fit Is All You Need and A Healthy Life Is Guaranteed!