

Activity at Home Challenges

Over the next few weeks it will be more important than ever for children to keep fit and active. We would like to provide you with some challenges and resources for you to try at home.

- All young people should aim to be physically active for 60 minutes each day.
- Print off these sheets and keep a log or how active you have been.
- We would encourage you to do as many of these activities in your gardens, benefiting from the fresh air, as possible.
- Please ensure you have enough room to do these activities and perform them in a safe manner.

You will find three fun fitness sessions on the following pages and some personal challenge activities.

This is a list of recommended links to activities and videos which can be followed (all are free of charge);

<p>Change4life Activities for Children https://www.nhs.uk/change4life</p> <p>Cosmic Kids Yoga – Youtube https://www.youtube.com/results?search_query=cosmic+yoga+</p> <p>Joe Wicks Kids Workouts – Youtube https://www.youtube.com/results?search_query=joe+wicks+kids+workout</p> <p>Disney inspired workouts https://family.disney.com/articles/disney-workouts/ https://www.thisgirlcan.co.uk/activities/disney-workouts/ https://www.nhs.uk/10-minute-shake-up/shake-ups</p>	<p>Phizifit – Activities and personal challenge videos https://www.youtube.com/channel/UCVdp15KhUVg2hukSSXxoi1g</p> <p>Work out videos https://www.youtube.com/watch?v=dhCM0C6GnrY https://www.youtube.com/watch?v=L_A_HjHZxfI https://www.youtube.com/watch?v=5if4cjO5nxo</p> <p>Dance Fit Videos https://www.youtube.com/user/ReFitRev</p> <p>GoNoodle Activities https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/ https://family.gonoodle.com/channels/fresh-start-fitness</p>
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Have fun and stay active!

Fitness Fun Activities – Workout 1 Aim for 40 seconds on in exercise, followed by 10 seconds of rest.	Date	Completed
Mountain Climbers Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!		
Star Jumps Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air. At the height of the jump, be sure to exclaim, “I’m a STAR!”		
Burpees Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.		
Shuttle runs for 1 minute Set up cones or an object a few metres away. Sprint there and back continuously.		
Leg Raises Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.		
Lunges Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes.		
Planks Elbows on the floor and balanced on your tiptoes with a straight body. 30 seconds is considered the gold standard.		
Butterfly Kicks Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start		

with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.		
Fitness Fun Activities – Workout 2 This workout uses time rather than number of repetitions. Use a stopwatch or the timer on your phone. Aim for 40 seconds of work, followed by 10 seconds of rest.	Date	Completed
Skip for 1 minute continuously		
Squats See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet shoulder’s width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.		
Hop on one leg – complete on each leg		
Press ups on knees Hands are in line with your pectorals (chest muscles) and your body is straight. If you want to make it harder, try doing it without being on your knees but make sure your body is straight.		
Crunch sit ups Lie down on your back and bend your legs and stabilize your lower body. Cross your hands to opposite shoulders. Lift your head and shoulder blades from the ground. Lower, returning to your starting point.		
Sprint on the spot		
Stand on one leg Eyes shut and balance – perform on both legs		
Rocket jumps Stand with your feet hip-width apart, legs bent and hands on your thighs. Jump up, driving your hands straight above your head and extending your entire body. Land softly, reposition your feet and repeat.		

Personal Challenge Skills	Date	Completed
Bounce a ball with one hand, as many times as possible, whilst on the move – perform with both left and right		
Stand 2 metres from a wall, throw a ball against the wall and try to catch before it touches the floor – both hands x 10 / right hand x 10 / left hand x 10		
Stand in a star shape / get a family member to stand in front of you / they must roll a ball through your legs / turn and collect the ball as quickly as possible		
Keepie uppie challenge using either a racket and a ball or a football – time how long you can keep the ball in the air without dropping it		
Rotate a hoop on your hand / waist / neck / leg / foot – time how long you keep it moving		
Juggling challenge – use either 2 or 3 scarves or 2 or 3 balls – time how long you keep it moving		
Place 6 small objects around you / stand on one leg and reach to pick them up, without falling or putting your foot on the floor		
Using whatever you have at home (tiled floor, chalk, tape, etc) make a hopscotch grid and play		
Using a ball, pass the ball from one hand to another around legs in a figure of eight – x 10 one way then the other		
Create your own game, which raises your heartrate and is fun to play! Teach this to your family		