

It is important to keep up a daily routine that includes physical activity and target the governments recommend 60 active minutes a day of exercise. We have collated a list of 7 days of fitness to keep you inspired and give you some ideas of what you can do at home.

Jump into Monday

Find a small space.

How many different ways
Can you find to jump?

- Jump as high as you can
- Jump from two feet to two feet
- Jump from one foot to two feet
- Jump from one foot to the other foot
- Jump in different directions
- Jump forward and backwards.
- Can you make your jump as long as possible?

Shuttle run Tuesday

Set up a distance of 5m marked at either end using cones or an alternative marker (eg pegs/tins)

Each participant runs the 5m distance a total of 20 times to complete 100m. A handheld stop watch or smart phone can record the time.

Volleyball Wednesday

Balloon Volleyball:
With 1 balloon.

You must stay seated. By yourself or with others, try to see how many times you can volley the balloon, keeping it from touching the floor.

- Play with a partner, create a net, you could use a skipping rope or chair, if the balloon hits the floor on your side the other team win a point.

Try it Thursday

If your off for a walk/bike ride/ on your scooter see how many of the following things you see:

- 4 pictures of rainbows
- A red door
- 2 Road signs
- A wheelie bin
- Yellow flower
- Post Box
- Number 3 on a house number
- A dog
- 3 Birds
- 3 Blue Cars
- 4 different types of leaves
- A bike

Obstacle Friday

Build an obstacle course:

Using any house hold items, chairs, skipping ropes, toilet rolls, towels.

Create an obstacle course that challenges you to go under/ over/ through obstacles.

Can you use different heights and different pathways to go through the obstacle course?

Workout Saturday

3 minute challenge:
You have 3 minutes-how many times can you complete this circuit:

- 10 x star jumps
- 10 x Burpees
- 10 x Press Ups
- 10 x Squats

How many times did you complete the circuit?

Test yourself Sunday

Complete a range of personal challenges:

How many can you complete of the following in 30sec

- Steps ups
- Jumping Jacks
- Speed Bounce
- Burpees
- Throw and catch a ball against a wall

How many keep uppy's can you do?

Record your scores and try and beat your score.