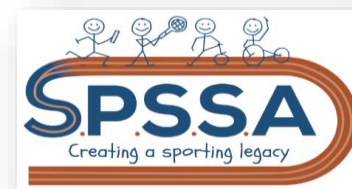




Southend West SSP



week 4

#StayInWorkOut

#SouthendKeepActive

#StayInStayActive

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.

Marathon Monday

Run or walk for 30 minutes.

Map a route around your local area go out with your family.

Go on an outdoor Scavenger Hunt

How many laps of your garden would it take to do a 5km, 10km and a marathon?

Connect Tuesday

Breathing & Yoga:

Cosmic kids yoga they have a number of lessons on their YouTube challenge, pick one you like and give it a try.

Wheelie Wednesday

Get out on your bikes, scooters or skates:

Remember to stay safe and social distance.

Look at British cycling- ready set ride

Thankful Thursday

#ClapForCarers.

It has become a weekly event to clap for our key workers every Thursday at 8pm.

Can you create a clap routine that you could perform during this, think about levels can you clap high, can you clap low, can you create different shape patterns can you teach it to a parent or sibling?

Learn Friday

Learn about the human body.

Can you learn 5 names of muscles, how they work and how to stretch them.

Can you think of different exercises that tests all 5 of those muscle areas.

Have a look at BBC bitesize for ideas.

Creative Saturday

Play fitness Monopoly with your family.

Board game attached on a separate sheet

Creative Sunday

Play fitness Monopoly with your family.

Board game attached on a separate sheet.