

#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.

Fitness Monday

10-1 Complete the exercises below:

- 10 x burpees
- 9 x tuck jumps
- 8 x lunges
- 7 x star jumps
- 6 x Press ups
- 5 x Touch your toes and jump
- 4 x Sit Ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank

Learn it Tuesday

Learn and master a new skills with Funetics created by England Athletics

<https://funetics.co.uk/>

3 minute Wednesday

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

Thinking Thursday

Active learning at home:

Burn 2 learn
Teach Active
Mighty Maths
Questr
Tagtiv8

Active story Time
BBC Supermovers

Gymnastic word Friday

Create your own active game- write the rules.

Chose your favourite activity of the week.

Skills on Saturday

Practice your Fundamental Movement Skills:

These include Running, Jumping, Hopping, Skipping, Throwing, Catching
Striking an object, Agility, Balance, Coordination

Sporty Sunday

Complete an Essex Live Activity via the Active Essex YouTube there's plenty of choice for all the family.

www.youtube.com