

Activity at Home

Over the next few weeks it will be more important than ever for young people 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.

You could keep a log or how active you have been.

You may be able to do these in your garden, if you can do so safely.

Please ensure you have enough room to do these activities, and perform them in a safe manner!

Fitness Fun Activities	
Skip for 1 minute continuously x 5	Shuttle runs for 1 minute x 5
Squat x 10	Crunch sit ups x 10
Hop for 30 second on each leg x 5	Sprint on the spot for 30 seconds x 5
Hold plank position for 30 seconds	10 press ups on knees
Stand on one leg, eyes shut (time yourself) – perform on both legs	Jump as high as you can, then crouch down to floor x 10.

Personal Challenge Skills
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. Can you throw with one hand and catch with the alternately?
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.