

Active week 15<sup>th</sup>-19<sup>th</sup> June



It's Active Week so let's get Moving!

Always warm up first. Try the warm up activities below.

Do all the stretches each day



Stretch up tall and then bend and touch your toes



Stretch one arm over your head to reach the other side



Stand with arms outstretched and rotate forwards and backwards



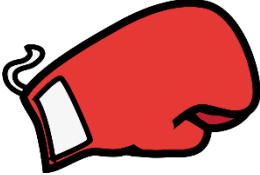


Neck rotations.  
Side to side. Up and Down  
All around making circles



Quad stretch  
Stand on one leg  
Lift the other behind and hold for 5 seconds. Swap leg

Monday	Tuesday	Wednesday	Thursday	Friday
5-minute walk	7-minute walk	10-minute walk	12- minute walk	15-minute walk
15-star jumps	Bounce the ball against a wall 10 times	20-star jumps	Bounce the ball against a wall 20 times	25-star jumps
Pencil roll on the grass	Bunny hop 15 times	Bounce the ball against a wall 15 times	Bunny hop 20 times	Bounce the ball against a wall 30 times

## Main event

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Try a <b>Boxercise</b> class</p>  <p><a href="https://youtu.be/QCHdTUOa7-E">https://youtu.be/QCHdTUOa7-E</a></p>	<p><b><u>Games</u></b></p> <p><b><u>Fill the Bucket Water Game</u></b> This is a fun one to play when the sun is shining! Get a cup and two buckets (one smaller, one larger) for each player. Place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water. Race to scoop water from the larger bucket and fill the smaller one.</p>  <p><b><u>First to 50</u></b> You only need a dice to play. 1. Take turns rolling the dice and completing the action; 1. 1 burpee; 2. 2 press-ups; 3. 3 sit-ups; 4. 4 lunges; 5. 5 squats; 6. 6 star jumps. When it's your turn again roll the dice and after completing the action add the number to the one you got the last time. Continue until you reach 50. You can change the target number and add in any other exercises.</p>	<p><b><u>Obstacle course</u></b> An obstacle course is a fun way to get creative and inventive. Include movements such as</p> <ul style="list-style-type: none"> <li>• Crawling</li> <li>• Running</li> <li>• Balancing</li> <li>• Rolling</li> <li>• Hopping</li> <li>• Jumping</li> </ul> <p>If you have a swing, slide or a skipping rope at home use these as part of your obstacle course.</p> <p>Have a <u>starting point</u> and a <u>finish point</u>.</p> <p>Time how long it takes to complete the course.</p> <p>Can you beat your time?</p>	<p>Try a <b>Zumba</b> class</p> <p><a href="https://youtu.be/ZqYSQ-VJk1c">https://youtu.be/ZqYSQ-VJk1c</a></p> 	<p><b><u>Family Fun Friday</u></b></p> <p><u>Try some sports day races:</u> Set up a starting point and a finish point.</p> <p><u>Sprints</u> Run as fast as you can to the finish</p> <p><u>Long jump</u> Stand with feet together and jump as far as you can.</p> <p><u>Welly toss</u> See who can throw the welly the furthest. Mark your spot with a cone or an item of choice.</p> <p><u>Egg and spoon race</u> Try the egg and spoon race but don't let your egg drop!!</p>

You can also play your usual games and sports activities- this week is about being as active as you can!

Always remember to cool down after.

Go for a light jog around the garden. Slow down to a walk. Stretch it out! (Use the stretches from the warm up)

Time yourself doing your activities each day. Aim to spend at least 60 minutes moving each day. You can do this altogether or split it into shorter blocks, a few times each day.

	Activity 1	Activity 2	Activity 3	Total time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Overall total time=

