

## Keeping Active When At Home

Session 1	Session 2	Session 3
25 jumping jacks 25 squats 25 seconds run on the spot 25 push ups 25 seconds plank	30 seconds run on the spot 30 seconds high knees 30 seconds jumping jacks 30 seconds butt kicks 30 seconds jog on the spot	30 seconds jumping jacks 30 seconds mountain climbers 30 seconds run on the spot 30 seconds plank 30 seconds burpees!
<ul style="list-style-type: none"><li>• Draw your own hopscotch with chalk and play</li><li>• Throw a ball against a wall and catch</li><li>• Create your own obstacle course</li><li>• Run for 5 minutes</li><li>• 10 minutes of free play outside</li><li>• Do 3 laps of your house or up and down the hall 10 times □ Keepie uppies - how many can you do in a row?</li><li>• Skip sideways up and down the garden 5 times</li></ul>		

### *PE with Joe Wicks*

Look up Joe on YouTube. *Each morning at 9am he has a new 5 minute workout for children.*

*He also has workouts for seniors, not so fit people and people of all ages.*

*Many are only 5 minutes long and are free.*

*Please give his workouts a go !!*

### **Go Noodle**

***Many of the children will know this site as we use it in school regularly.***

***There are endless movement and mindfulness videos and activities on it***

**40 Best fun Indoor Games for Kids [www.parenting.firstcry.com](http://www.parenting.firstcry.com)**