Primary Fitness Challenge



**Let’s get Moving! Please have a look at the suggestions below to make sure that you are looking after your fitness and wellbeing whilst being off school. Have fun with it!**

**Remember, your aim is to do 60 minutes of activity each and everyday ☺**

**There is a link below for 'The Body Coach' where you can find a wide of recorded PE fitness session for children of all ages and abilities.**

[**https://www.youtube.com/thebodycoachtv**](https://www.youtube.com/thebodycoachtv)

**What else can you try? There are many suggestions below.**

**Keep varying what you try so that the exercise stays interesting.**

**Set yourself daily goals to reach and beat...**

* Take this Disney sports quiz and see which activity it suggests for you! <https://www.nhs.uk/change4life/activities/disney-sports-quiz>
* 10 Minute Shake-up! Change4Life and Disney have teamed up to bring you new Shake Up games inspired by Disney and Pixar's *Toy Story 4* and *Incredibles 2*, and Disney's *The Lion King* and *Frozen*. These 10-minute bursts of fun will really get you moving and count towards the 60 active minutes needed every day! <https://www.nhs.uk/10-minute-shake-up/shake-ups>
* Have a tennis racket at home? Why not rehearse some of the games that you usually play in your PE lessons – you could even teach a family member?
* Visit [www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga) to try out one of their sessions.
* Try out a Go Noodle video. Which can be so much fun.
* [www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)
* Become a super mover at [www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers) - active learning to the max!
* Choreograph a dance to your favourite song! This is a great way to get your heart pumping and allows you to be creative. If you’re in dance club, you could teach a family member the routine!
* Just Dance – if you don’t have the game, there are lots available on YouTube with your parent/carers' permission
* The floor is lava! Put cushions and tea towels on the floor to help you make your way around the room without touching the floor.
* Musical bumps or statues. The perfect opportunity to revive these favourite party games.
* Fun circuit training. Draw pictures of different activities and place them around the room – or all over the house. Visit each picture and do the activity – e.g. hop on one leg 10 times, do 10 star jumps, 10 squats, 2 roly-polies, etc.
* Dodge ball or catch in the garden
* Have your own family Sports Day! Egg and spoon at the ready…
* Design your own obstacle course.
* Hula Hooping!
* Jump rope – see if you can make your own rhymes to go with it!
* Animal races: Hop like a bunny or frog; squat and waddle like a duck; and so on.
* Let your teacher know about any new ideas so that she can add them to this page.
* Move Crew - This is a fun programme developed with the expertise of teachers, physical activity specialists, elite athletes, children and coaches. Get active with the fun ideas on this website! <https://ukactivekids.com/movecrew/>

Keep a record if you can to share with your teacher – one for each week

Week 1 – example (design your own this is just a starting idea)

|  |  |  |  |
| --- | --- | --- | --- |
| DAY | WHAT I DID | HOW LONG FOR | MY DAY TOTAL |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |
| **WEEK 1 TOTAL** |  |  |  |

Try to beat your total each week as your fitness improves – set a personal challenge.

Week 1 = 7 hours, Week 2 = 8 hours (you can do this)

**HAVE FUN, STAY SAFE, KEEP ACTIVE AND CARE FOR THOSE AROUND YOU.**