



# GET YOUR



Challenge yourself to perform 30 minutes of physical activity everyday!

<p><b>Fitness Workout</b>            1 minute of star jumps            1 minute of sit ups            1 minute of squats            1 minute of sprints            1 minute of step ups            30 seconds rest between each activity  <i>Complete three rounds</i></p>	<p>Using a <b>tennis racquet &amp; tennis ball</b> how many times can you hit the ball up?</p>	<p>Complete the <b>skipping pyramid</b>            15 sec on/ 15 sec off            30 sec on/ 30 sec off            45 sec on/ 45 sec off            1 min on/ 1 min off  <i>Complete three rounds</i></p>	<p><b>Shoot some hoops</b>, throw some netball goals how many goals can you do in a row?            Start close and take a step back each time you get a goal. Can you increase your distance as the week goes on?</p>
<p>Create an <b>obstacle course</b> inside or outside. Remember to ask what you are allowed to use first and pack everything away!</p>	<p>Keep a <b>balloon</b> off the ground with your hands/ feet/ any part of your body            Hit with a partner, how many hits can you do together?</p>	<p>Kick a <b>football/soccer ball</b> with a family member            Kick for goal at local park/in your back yard/ kick to hit a target            Remember to try both left &amp; right foot kicking</p>	<p><a href="https://www.youtube.com/watch?v=pWLEkOOMIXs">https://www.youtube.com/watch?v=pWLEkOOMIXs</a>            Complete a 15 minute <b>boxing circuit</b> at home lesson via the link above</p>
<p><b>Throw a ball</b> to yourself against a wall start catching with two hands. Then catch with dominant hand only and finally non dominant hand.</p>	<p>In an open space, try some <b>Cartwheels/ hand stand/ forward rolls</b> (only try this if your parents agree)</p>	<p>Dribble with a <b>basketball</b>,            Try with dominant hand, non dominant hand            Bounce between legs            Dribble around a partner</p>	<p>Select your favourite song and <b>dance</b> along</p>
<p>Complete this <b>chair yoga</b> session  <a href="https://vimeo.com/314058980">https://vimeo.com/314058980</a></p>	<p>Bowl some balls at a <b>cricket</b> stump/rubbish bin/in the cricket nets.</p>	<p>Go for a <b>bike ride</b> with a member of your family</p>	<p>Go for a <b>walk or run, take your dog</b></p>