



Monday

Marathon Mondays

Mark out a route in your house or garden work out how many laps it is to complete 1,3 or 5km. Complete individually or as a family

If you don't have the space choose exercise combos!

Maybe start at 1km for week 1 and try to increase the distance each week.

Check out Paula Radcliffe's explanation here:

<https://twitter.com/l/satus/1243596980946952199>

Tuesday

Time Out Tuesdays

Complete a Yoga & Mindfulness activity.

Create a routine of stretches thinking about the different parts of your body and the muscles being stretched.



Check out Cosmic kids Yoga:

<https://www.youtube.com/user/CosmicKidsYoga>

Wednesday

Workout Wednesdays

Undertake a home fitness class.

Try to make the class more difficult each week, why not do the class for longer? Or complete a more difficult and challenging workout.



Check out Joe Wicks Body coach TV for ideas and workouts:

<https://www.youtube.com/user/thebodycoach1>

Thursday

Test yourself Thursdays

Complete a range of personal challenges.

I CHALLENGE YOU!

How many can you complete of the following in 30s:

- Step ups
- Jumping jacks
- Speed bounce
- Burpees
- Throw & catch a ball against a wall
- How many keepy uppy's can you do.

Record your scores and try to beat your them each week. Why not create your own challenges?

Friday

Fitness Fridays



Create your own fitness circuit.

Include the following:

- Exercises to work different body parts
- How long will you do each exercise for?
- Record the number of repetitions you complete for each exercise.
- How many times will you complete each circuit?

Try and make it harder each week

Saturday

parkrun day

Create your own warm up

Mark out a route in your house or garden. How many laps will it be to complete 2km (junior parkrun) or 5km?

Complete individually or as a relay with your family.

Time yourself

Create a run report.

Or, complete the School of parkrun challenges:

<https://www.youtube.com/channel/UCtcl0WSVMQdoggcMGdrgkw>

Sunday

Sporty Sunday

Choose your favourite sport and practice the skills needed in that sport. Try to complete a different skills each week.

Eg.

- Dribbling in basketball
- Shooting in netball
- Passing in football
- Gymnastics handstands or cartwheels

Check out youtube for practice ideas



<https://www.youtube.com/watch?v=Ef1N4vXMINQ>