

Keeping Active at Home

<p>Climb a Mountain (on you stairs)</p> <p>Pick a mountain, set a time to complete the task and then get climbing!</p> <p>e.g. Mount Snowdon = 7,120 steps, that's 475 flights!</p>	<p>A minute to win it!</p> <p>Play as a family, choose an exercise, hold it or do it for a minute and win a point, the family member with the most points wins.</p> <p>e.g. plank, wall sit squat, press ups, burpees.</p> <p>You can even make up your own exercises if you want!</p>	<p>Do a Joe Wicks PE lesson (Parents too)</p> <p>Get sweaty with one of Joe Wicks' online PE lessons!</p> <p>Take a sweaty Selfie after</p> <p>Bounce a ball against a wall – how many can you do without dropping it?</p> <p>Play catch – if you drop the ball you catch with one hand, then on two knees, then one knee.</p> <p>Play 'Piggy in the Middle'</p>	<p>DANCE PARTY!</p> <p>Make a play list of your favourite music, choose 5 songs, and make sure they're good for grooving!</p> <p>Then dance your heart out, this is a great family activity!</p> <p>60 minutes of KIDZ BOP is fun!</p>	<p>Elham World Records!</p> <p>Pick an activity from the list below, time yourself for two minutes and share your results!</p> <ol style="list-style-type: none"> 1. Speed Bounce 2. Press Ups 3. Star Jumps 4. Keep ups 5. High Knee Jogs 6. Sit ups 7. Burpees 8. Skipping 9. Hoola Hooping
<p>Yoga Story</p> <p>Do a cosmic kids yoga story on Youtube.</p> <p>ZUMBA Zumba for Kids (You Tube)</p> <p>'Can't stop the feeling' 'Shake it off'</p>	<p>Create your own Joe Wicks style workout for your family</p> <p>Create a workout for all your family, choose 5 exercises to complete for 30 seconds with 30 seconds rest in between, carry out for 3 rounds.</p> <p>Don't forget your warm up and cool down.</p>	<p>Wacky Races</p> <p>Find fun alternatives to running and compete in races against your family!</p> <p>Make an obstacle course in the garden, have an egg and spoon race, a sack race with old pillow cases, even practise three-legged running – carefully, don't end up at the Walk in Centre!</p>	<p>TV AD break or Streaming loading time exercise</p> <p>Every time you're waiting for a show or game, why not get moving, carry out an exercise or have a dance to get moving!</p>	<p>Speed Clean up challenge, parents you're welcome!</p> <p>Choose a song, don't stop moving and cleaning for the whole track, so that's non-stop mopping, hoovering, picking up toys, etc...</p>