

Fitness – Log

Use the log below to fill out what fitness activities you have taken part in during the day. Remember that you can go for 1 walk a day, lasting up to 30 minutes, as long as you stay local to your home too. Type into the boxes on your device or print and write!

	Monday	Tuesday	Wednesday	Thursday	Friday
What exercise did you do? For how long?					
	Monday	Tuesday	Wednesday	Thursday	Friday
What exercise did you do? For how long?					

Fitness – Get Fit to your Name – Beginners Challenge

Spell out the letters of your name by completing the activities that go with each letter ie. If your name is Anne you would do 10 jumping jacks, 10 second jump rope, 10 second jump rope, 5 crunches. Challenge yourself by spelling out your first and last name, the name of your street, the area you live in... Can you think of any other words to spell out? What is the longest word you can do?

what's workout for beginners your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- | | |
|-------------------------------|---------------------------------|
| A 10 jumping jacks | N 10 second jump rope |
| B 5 push-ups | O 10 russian twists |
| C 1 burpee | P 5 plie squats |
| D 20 high knees | Q 10 arm circles |
| E 5 crunches | R 10 skaters |
| F 10 mountain climbers | S 10 second jog in place |
| G 5 squats | T 10 butt kickers |
| H 10 front lunges | U 5 inchworms |
| I 10 side lunges | V 5 tricep dips |
| J 10 second wall sit | W 3 star jumps |
| K 5 calf raises | X 5 bird dogs |
| L 5 second plank | Y 10 leg raises |
| M 3 squat jumps | Z 5 squat jacks |

Fitness – Get Fit to your Name – Extreme Challenge

Spell out the letters of your name by completing the activities that go with each letter ie. If your name is Anne you would do 10 jumping jacks, 10 second jump rope, 10 second jump rope, 5 crunches. Challenge yourself by spelling out your first and last name, the name of your street, the area you live in... Can you think of any other words to spell out? What is the longest word you can do?

what's your name? extreme workout

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- | | |
|--------------------------------|---------------------------------|
| A 200 jumping jacks | N 10 minute jump rope |
| B 50 push-ups | O 100 russian twists |
| C 25 burpees | P 50 plie squats |
| D 200 high knees | Q 100 arm circles |
| E 50 crunches | R 100 skaters |
| F 100 mountain climbers | S 10 minute jog in place |
| G 50 squats | T 200 butt kickers |
| H 100 front lunges | U 50 inchworms |
| I 100 side lunges | V 50 tricep dips |
| J 100 second wall sit | W 50 star jumps |
| K 50 calf raises | X 50 bird dogs |
| L 5 minute plank | Y 100 leg raises |
| M 50 squat jumps | Z 50 squat jacks |

Fitness – Online Fitness Tutorials

Below is a list of places that you can find PE online in the form of videos or tutorials to follow.

Joe Wicks – YouTube

Videos designed especially for students at home to be able to do some PE. Search for Joe Wicks.



The Body Coach TV

2.08M subscribers • 360 videos

Welcome to the Body Coach TV where I post weekly HIIT workouts to help you burn fat and get fitter, stronger, healthier and lean.

LRG Fitness

An online gym with videos designed for adults and children. Type the web address:

<https://lrgfitness.com/charltonparkacademy/>

Password: CPA1



Cosmic Kids Yoga – YouTube

Videos with yoga routines linked to popular stories. Some can be quite young, but if you scroll through you will find videos linked to Disney stories, Minecraft, Harry Potter etc.



Cosmic Kids Yoga ✓

660K subscribers • 458 videos

Yoga, mindfulness and relaxation for kids. Interactive adventures which build strength, balance and confidence - and get kids into ...

Fitness – Circuit Challenge

Pick a selection of activities – how many is up to you, but at least 5 – and complete a circuit of exercise following the instructions.

Fitness Circuit Cards

Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



Fitness Circuit Cards

Tuck jumps

Do 10 tuck jumps:

- How high can you jump?
- Can you jump higher than your buddy?
- How many tuck jumps can you do without stopping?



Fitness Circuit Cards

Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



Fitness Circuit Cards

Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



Fitness Circuit Cards

Knee Highs

Run around the circuit bringing your knees up high.



Fitness Circuit Cards

Heel Walk

Walk around the circuit on your heels:

- Can you walk fast?
- Can you side step on your heels?



Fitness Circuit Cards

Toe Touches

Do 10 toe touches:

- Reach up high and then bend down and touch your toes. Your arms and legs should stay straight.
- Can you do sitting toe touches?



Fitness Circuit Cards

Star Jumps

Do star jumps for one minute:

- How many can you do?



Fitness Circuit Cards

Push Ups

Do push ups for a minute:

- How many can you do?
- Can you do push ups with one hand or one foot?
- If it is hard, you can do push ups with your knees down.



Fitness Circuit Cards

March

March around the circuit:

- Make sure your body is straight like a soldier.



Fitness – Gross Motor Skills

Simple activities that can be done in the home to develop gross motor skills. Gross motor skills are movements of the large muscles using the arms, legs and torso. These activities will help to strengthen the muscles and also work on balance and coordination.

Gross Motor Activity Cards

Wall Warm Up

Find a wall. How many arm pushes can you do in a minute?



Gross Motor Activity Cards

Chair Challenge

Sit on a chair. Hold the side of the chair with each hand. Use your hands to push yourself off the chair!



Gross Motor Activity Cards

Shoulder Spirals

Hold out both your arms at shoulder height. From your fingertips, make small circle shapes, starting small and getting bigger until you can make big spiral shapes!



Gross Motor Activity Cards

Wonderful Walking

Walk forwards, backwards, eyes open, eyes closed, sideways, on tiptoes, heel to toe and then take giant steps.



Gross Motor Activity Cards

Brilliant Ball Skills

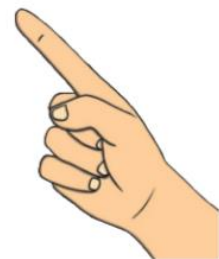
Use balls of different sizes to bounce, throw, catch, roll, kick, score goals, dribble or dribble around cones!



Gross Motor Activity Cards

Cross Crawl

Hold one arm out in front of you with your index finger pointed. Draw the number 8 with one hand. Change arms. Can you draw a number?



Gross Motor Activity Cards

Jumping Jacks

How many different ways can you jump? Can you jump on the spot (small jumps/big jumps), side to side, star jumps, bunny jumps, backwards, forwards, with eyes open and eyes closed!



Gross Motor Activity Cards

Chair Aerobics

At your chair or desk, stand up and see if you can do the following exercises:

- Stretch both hands above your head. Press your palms together for 10 seconds.
- Stretch out your legs in front of you. Place your heel on the ground and lift each leg 10 times.
- Raise your right hand and touch your left shoulder. Repeat 10 times.