





Pathway 2 – Fitness

Hope you guys are keeping fit with Joe Wickes, dancing, yoga and other fun fitness activities. Maybe you are just walking in the park. Here is a new fun fitness activity. Fitness Bingo. You can either cut the activities out and pick them randomly to do, or you can see how many you can do in 1 go. Cover them over or turn them over once you have done them so you know that exercise is finished. Do each exercise for at least 30 seconds.

Fun Fitness Bingo

Backwards Lunges 	Climb the Rope 	Upwards Punches 	Sumo Squats 	Frog Jumps 
Shoulder Taps 	Twist and Jump 	Front Kicks 	Side Lunges 	Marching on the Spot 
Star Jumps 	Squats 	Forward Punches 	Elbow to Knee 	Box Push-Ups 
High Knees with Punches 	Squat with Punches 	Upper Cuts 	Mummy Kicks 	Running on the Spot 

Aim to do each exercise for 30 seconds.

Try some Yoga at home. Only do what your body lets you do, do not overstretch. Don't forget to practice breathing while stretching.



tree pose



cobra pose



camel pose



lion pose



mountain pose



flamingo pose



butterfly pose



elephant pose



warrior pose



cow pose



shoulder stand pose



downward facing dog pose