

(Enter school name or logo)

GET YOUR FITNESS ON!



Dear Parents and Students

The HPE Team want your child and our students to keep active. To help, we have created an activity schedule during this time they are away from school.

It's important to ensure we have a warm up before we start, and of course make sure you have a towel and drink bottle. Make sure you are keeping your social/physical distance from others, and that your room or backyard is safe from any hazards.

Remember, it is important that all children get a MINIMUM of 60-minutes of moderate to vigorous activity a day.

You're welcome to add any exercises or modify activities as needed.

The table below are some example activities which give you an understanding on what activities are at different intensities.

Low Intensity	Moderate Intensity	High Intensity
Mindfulness	Walking the dog	Running
Meditation	Yoga	Skipping
	Weights	Boxing
	Stretching	Cycling
	Basketball (shooting around)	

If you have any questions, please email your teacher

Monday	Tuesday	Wednesday	Thursday	Friday
March 30th	March 31st	April 1st	April 2nd	April 3rd
Challenge Day	PE with Joe	Dancing Fitness	Spell your Name	Circuit Day

WARM UP

**DYNAMIC WARM UP EXERCISES ENABLE THE BODY TO BE BETTER PREPARED FOR DYNAMIC MOVEMENTS.
DYNAMIC MOVEMENT IS ANY MOVEMENT THAT IS MOVING.**

Start:

Star Jumps – 30sec

Walking knee hugs – With each step, raise one up to your hip or higher and hug it with both arms, pulling your knee towards your belly or chest

Arm Circles – Make big circles with your arms

Side Shuffles – 7 steps each side

Lunges – 7 lunges each leg

Leg swings – 20sec each leg.

MONDAY

CHALLENGE DAY!

Set a timer/stopwatch on your phones for 1 minute.

See how many of each exercise you can complete in 1min!

Take a 2 minute rest between each exercise.

Write down the number you complete to compare with next week!

- Burpees
- Push-Ups
- High-Knees on the spot
- Sit Ups • Plank
- Mountain Climbers

TUESDAY

Visit

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TY1Rfn6rYQ>

Then click on Monday's PE with Joe link



WEDNESDAY

WHY JUST DO NORMAL FITNESS, WHY NOT DANCE IT!

VISIT THIS LINK

<https://sites.google.com/view/dance-move-challenge/home?authuser=1>

FOLLOW THE INSTRUCTIONS AND OFF YOU GO.

IF THAT ISN'T YOUR THING (RECOMMEND YOU TRY IT FIRST), THEN PLAY THIS PLAYLIST AND DO YOUR OWN DANCING

https://www.youtube.com/watch?v=3AyMjyHu1bA&list=PLcirGkCPmbmFeQ1sm4wFcIF03D_EroIfr



THURSDAY

CAN YOU SPELL YOUR OWN NAME?

LETS FIND OUT!

VISIT

<https://docs.google.com/presentation/d/1erzRuuBFLah6IoayHTvSS8C4FmCy6gU7q6cYGw7jlaw/edit#slide=id.p>

1

THE CARD IS BELOW

SPELL YOUR ENTIRE NAME (FIRST AND LAST NAME, AND IF YOU HAVE A MIDDLE NAME, THAT TOO!)

15 SEC EACH EXERCISE/LETTER.

GOOD LUCK



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P



Q



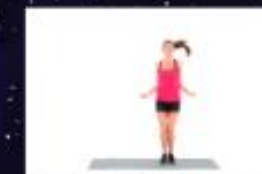
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Z

FRIDAY

CIRCUIT DAY

10 Push -Ups

30 Star jumps

10 Squats

40 Mountain Climbers – 20 each leg

20 Sit ups

REST for 1 minute

REPEAT 3 TIMES