

Staying Physically Active at Home

- **Being physically active has many benefits including promoting good physical and mental well being.**
- You can check out what the NHS has to say about physical activity by visiting their website.
- It also has some great links and ideas of how you can become physically active.
- [Benefits of exercise - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Additionally, here are some ideas you might want to try in order to help you stay physically active whilst at home.
 - Run a Mile Challenge- example training programmes
 - At Home Skill Challenges
 - Example Body Weight Circuit
 - Example stretches and yoga poses

Remember.....

- The following ideas are just examples of different types of physical activity you could incorporate into your daily exercise or carry out at home with little or no equipment.
- **When taking part in any physical activity it is important that you consider your personal fitness level and listen to your body**

Don't forget to:

- **Carry out a warm up and cool down after each session**
- **Ensure you have a safe space to work in**
- **Make sure you are hydrated**
- **Make sure you are wearing appropriate footwear and clothing**



Challenge: Run a Mile

Before you start.....

It is important to recognise that everyone has **different levels of fitness** and the plans on the next slide is aimed to help you build up to running a mile without stopping over a **two week period**. It will involve periods of **running** combined with periods of **walking**.

Some students may need to adapt the plan to have **longer walking periods** initially this will allow your body to have a longer **recovery period**.

Some students may be able to **shorten the periods of walking** or have them **less frequently which will be more challenging**.

Some students may be already able to run a mile without stopping. If so your challenge could be to **decrease the time** it takes for you to run the mile during the two week period.

Setting a new Personal Best!!

The important thing is that you listen to your body

Don't forget to:

- Carry out a warm up and cool down after each session
- Ensure you have a safe space to work in
- Make sure you are hydrated
- Make sure you are wearing appropriate footwear and clothing

How to track.....

If you have a **smart phone** there are some **great apps** out there which can be used to **track exercise**. Most of these will inform you of the **distance** you have covered and the **duration** you have been exercising for.

If you have a fitness watch such as a FitBit these will also be very useful and can be used to get an **accurate measurement** of the **distance** you have covered.

If you don't have a fitness tracking device don't worry all of the sessions on the plan are based on time so all you need is a watch.

As you can't track how far you have ran your aim will be to carry out **10 minutes of continuous exercise at a steady but challenging pace for you.**

You could always check out the NHS website for further tips on running or challenge yourself to carrying out the couch to 5km training programme.

[Couch to 5K: week by week - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Example Training Programme-

As mentioned of the previous page you may find the plan below helpful to help you build up to running a mile without stopping.

Remember if you don't have a method to track the distance you cover your aim is to run/ jog at a steady but challenging pace for you. There are **two example plans** a **Yellow** and a **White**. This is to show how you could adapt the walking and running/ jogging periods to suit your individual needs.

For example the **White** plan is slightly **more challenging** as the running/ periods are longer and the walking periods shorter.

Remember these are just examples and a training programme should be individual for you so thinking about your fitness level you may want to adapt to make session easier or more challenging!

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Yellow Plan	5 minute walk (quick pace). Then repeat a 30 seconds run/ jog followed by 1 minute walk 3 times	REST	3 minute walk (quick pace). Then repeat a 30 seconds run/ jog followed by 1 minute walk 5 times	REST	2 minutes 30 seconds walk (quick pace). Then repeat a 45 seconds run/ jog followed by 1 minute walk 4 times	REST	REST

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Yellow Plan	1 minute 30 seconds walk (quick pace). Then repeat a 45 seconds run/ jog followed by 1 minute walk 5 times	Rest	1 minute walk and 1 minute run/ jog repeat 5 times	Rest	45 seconds walk and 1 minute 15 seconds run/ jog repeat 5 times	REST	Jog 10 minutes (walk for periods when required)

White Training Programme-

Remember this is an just example and a training programme should be individual for you so thinking about your fitness level you may want to adapt to make session easier or more challenaina!



Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
White Plan	3 minute walk (quick pace). Then repeat a 30 seconds run/jog followed by 1 minute walk 5 times	REST	2 minute walk (quick pace). Then repeat a 1 minute run/jog followed by 1 minute walk 4 times	REST	1 minute walk and 1 minute run/ jog repeat 5 times	REST	REST

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
White Plan	1 minute 30 seconds run/ jog and 1 minute walk repeat 4 times	REST	1 minute 45 seconds run/ jog and 45 seconds walk repeat 4 times	REST	2 minutes run/ jog and 30 seconds walk repeat 4 times	REST	Jog/ run 10 minutes (walk for periods when required)

At Home Skill Challenges

What about trying some of these Youth Sport Trust skill challenges.....

You could try each challenge, record your score and then try to beat your personal best!

60 Second Challenge Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge
How many star jumps can you complete in 60 seconds?
Make sure you clap your hands above your head and bring your feet together.

#StayHomeStayActive



Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold
60 Star Jumps

Achieve Silver
45 Star Jumps

Achieve Bronze
30 Star Jumps

60 Second Challenge Speed Bounce

Are you honest?
Only count the jumps that are completed properly.

The Physical Challenge
How many times can you bounce over a pillow in 60 seconds?
Both feet must land over the pillow for the jump to count.

#StayHomeStayActive



Equipment
A pillow
If you do not have a pillow, jump over a safe object!

Achieve Gold
80 Bounces

Achieve Silver
60 Bounces

Achieve Bronze
40 Bounces

60 Second Challenge Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge
How many times can you throw a ball up, clap once and catch it in 60 seconds?
The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive



Equipment
A ball
If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold
35 catch and claps

Achieve Silver
25 catch and claps

Achieve Bronze
15 catch and claps

At Home Skill Challenges

- If running isn't your thing you could try some of these challenges.....

60 Second Challenge Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge
How many times can you pass the ball around your waist in 60 seconds?
If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment
A ball
If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold
50 Times around your waist.

Achieve Silver
40 Times around your waist.

Achieve Bronze
30 Times around your waist.

60 Second Challenge Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge
How many times can you throw a ball up, clap once and catch it in 60 seconds?
The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



#StayHomeStayActive

Equipment
A ball
If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold
35 catch and claps

Achieve Silver
25 catch and claps

Achieve Bronze
15 catch and claps

60 Second Challenge Squat Jumps

Can you be honest when counting your score?

The Physical Challenge
How many squat jumps can you perform in 60 seconds?
Stand behind a line and jump forwards, perform a squat and repeat.



#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold
30 Squat Jumps

Achieve Silver
20 Squat Jumps

Achieve Bronze
10 Squat Jumps

At Home Skill Challenges

60 Second Challenge The Plank

Can you focus and show self belief even though it is hard?

The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more



60 Second Challenge Climb the Mountain

Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers



60 Second Challenge Tuck In Tuck Out

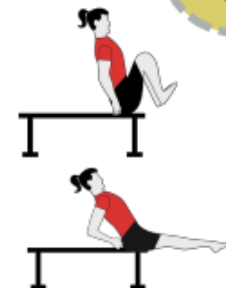
Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold

15 tuck in tuck outs



Achieve Silver

10 tuck in tuck outs



Achieve Bronze

5 tuck in tuck outs



At Home Challenges Recording Sheet

Record your 3 results for each challenge in the recording card. Then identify your personal best for each challenge.

Challenge	Attempt 1	Attempt 2	Attempt 3	Personal Best
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				

What challenge did you perform best in? Was there a particular type of event you were better at i.e Jump, Skill or Endurance?

Example Body Weight Circuit

- Here is an example of a body weight circuit which requires little equipment.
- A circuit is normally made up of 8 – 10 different exercises which you carry out and then rest for a period of time before moving on to the next activity.
- Circuits can easily be adapted to suit different fitness levels.
- For example in this example you could carry out each exercise for 30 seconds and then rest for 30seconds.
- However, to make in more challenging you could up the exercise time to 45 seconds and keep the rest period at 30 seconds.
- Or to make it less challenging you could exercise for 20 seconds and rest for 30 seconds.
- There are lots of different exercises that you can include in a circuit so you could research some of your own and include these.



9. **BICYCLE CRUNCHES** – Alternating opposite elbow to knee touches in position



10. **PUSH UPS** – Bring chest close to floor and back up, go onto knees to make this easier.



1. **STEP UPS** – Use stairs or any boxes to form a step that you can step up and down from.



8. **WALKING LUNGES** – Resume lunge position, walk forwards lunging with alternating legs.



7. **TWISTED MOUNTAIN CLIMBERS** – Get into plank position and bend knee up to chest alternating legs.



6. **REVERSE PLANK BRIDGE** – Start sat on the floor and raise hips into the position shown, hold & repeat.



5. **WALL SIT** – Resume position shown against a wall, ensuring there is a right angle between upper & lower leg.



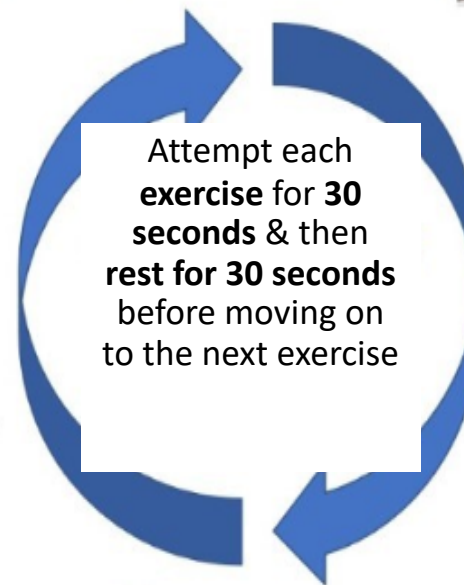
2. **SQUAT JUMP** – Complete a normal squat and then jump using arms to drive you up into the air. Repeat.



3. **TRICEP DIPS** – Using stairs or a raised platform, ensure hands are facing forwards and complete exercise as shown.



4. **PLANK WITH LEG LIFT** – Complete a normal plank and lift leg up as shown alternating right and left.



Example Stretches and Yoga Poses

- Taking time out of your day to carry out some stretching can be really beneficial for your physical and mental well-being. It can also help you relax.
- Here are some examples of different stretches and poses or varying difficulty you could include in your own stretch routine.

Yoga Station Card One (1)

Difficulty



Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



deep lunge with twist



downward dog



upward dog



cat pose



cow pose



pigeon pose

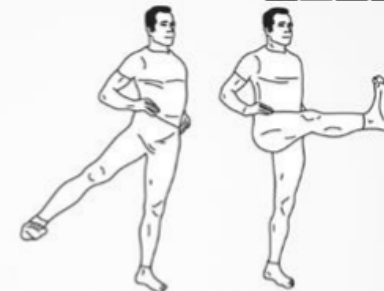
@othacker

Yoga Station Card Two (2)

Difficulty



30seconds tree pose with reach,
advance to - tree pose
with reach, half squat



30seconds side leg raise,
advance to - forward leg raise hold



30seconds single leg balance, advance to - warrior III pose

@othacker

Example Stretches and Yoga Poses

- If you are new to carrying out a stretching or yoga routine technique can be very important so you may find it useful to research some of the stretches before you carry them out to get further instruction.

