

Physical Activity at Home

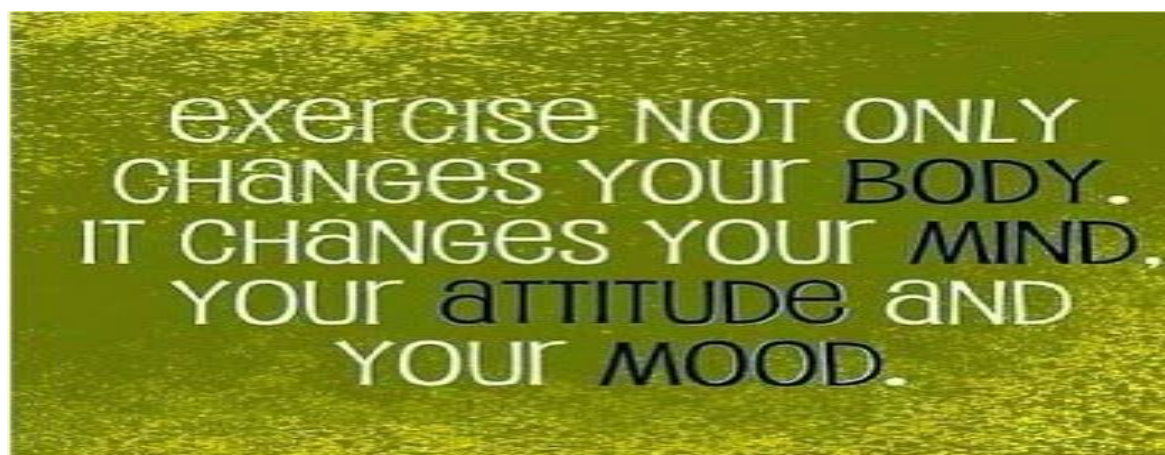
Why is it important we maintain physical activity?

Emotional and intellectual benefits, such as:

- Improved self-esteem and confidence.
- Help with management of anxiety and stress.
- Improved concentration.

Health benefits, such as:

- Promotion of healthy growth and development.
- Strong muscles and bones.
- Improved physical fitness, including coordination and movement skills.
- Reduced risk of disease and unhealthy weight gain.
- Reduce the risk of, or help manage, type 2 diabetes.
- Reduce the risk of, or help manage, cardiovascular disease (CVD).
- Maintain and/or improve blood pressure, cholesterol and blood sugar levels.
- Reduce the risk of, and assist with rehabilitation from, some cancers.
- Prevent unhealthy weight gain and assist with weight loss.
- Build strong muscles and bones.
- Create opportunities for socialising and meeting new people.
- Help to prevent and manage mental health problems.
- Help to develop and maintain overall physical and mental well-being.



Warm –up

Complete the following warm up before commencing a workout.

Exercise 1- Body weight squat (5 times)

Exercise 2- Glute raises (5 times)

Exercise 3- Single lateral hops (5 each side) Aim for solid landing



Exercise 4- Modified push ups (5 times) on knees

Exercise 6- High knees on the spot (10 secs)

Exercise 7- Lunge with twist over top knee (5 each leg)



Workout 1


Heads/tails – Toss a coin and complete workout


	Heads	Tails
Round 1 (cardio)	:60 second jog in place	25 jumping jacks
Round 2 (lower body)	15 squats	25 calf raises
Round 3 (upper body)	20 kneeling push-ups	10 hand release push- ups
Round 4 (cardio)	30 mountain climbers	20 high knees
Round 5 (core)	35 scissor kicks	20 sit-ups
Round 6 (upper body)	20 tricep dips (can use chair)	40 punches
Round 7 (cardio)	12 burpees	15 jumping squats
Round 8 (core)	:60 second plank	15 Russian twists
Round 9 (lower body)	20 forward lunges	15 donkey kicks
Round 10 (cardo)	30 butt kicks	20 jumping jacks

Workout 2

Complete the following workout:

<https://www.youtube.com/watch?v=-0DuHnxnH14&feature=youtu.be>





Today's Workout:
Jumping Jack
Walkout
Superman
Push up on Knees
Frog Jump
Arm Circle
Bird Dog

40s exercise, 20s rest
1 Round

0:15 / 7:19

7 in 7 Kids Full Body Strength & Core Workout

Workout 3

Spell your name workout

A-50 JUMPING JACKS	N- 40 JUMPING JACKS
B-20 CRUNCHES	O- 25 BURPESS
C- 30 SQUATS	P- 15 TRICEP DIPS
D- 15 PUSH UPS	Q- 30 CRUNCHES
E-1 MIN WALL SIT	R- 15 PUSH UPS
F- 10 BURPEES	S- 30 BURPEES
G- 20 TRICPE DIPS	T- 15 SQUATS
H- 20 SQUATS	U- 30 TRICEP DIPS
I- 30 JUMPING JACKS	V- 3 MIN WALL SIT
J- 15 CRUNCHES	W- 20 BURPEES
K- 10 PUSH UPS	X- 60 JUMPING JACKS
L- 2 MIN WALL SIT	Y- 10 CRUNCHES
M- 20 BURPEES	Z- 20 PUSH UPS

ACTIVITY- SPELL YOUR FULL NAME (FIRST AND LAST)

(SEE LAST PAGE ON HOW TO PERFORM EXERCISES)

**THINK POSITIVE.
EXERCISE DAILY.
EAT HEALTHY.
WORK HARD.
STAY STRONG.
WORRY LESS.
DANCE MORE.
LOVE OFTEN.
BE HAPPY.
EXTRAMADNESS.COM**

Workout 4

Push-ups x 10
Sit-ups x 10
Squats x 10
Hold a plank 1 min
Burpees x 10
Jumping jacks' x 10

Repeat 3 times

Workout 5

SWORKIT

Download from app store on phone

Provides a range of workouts

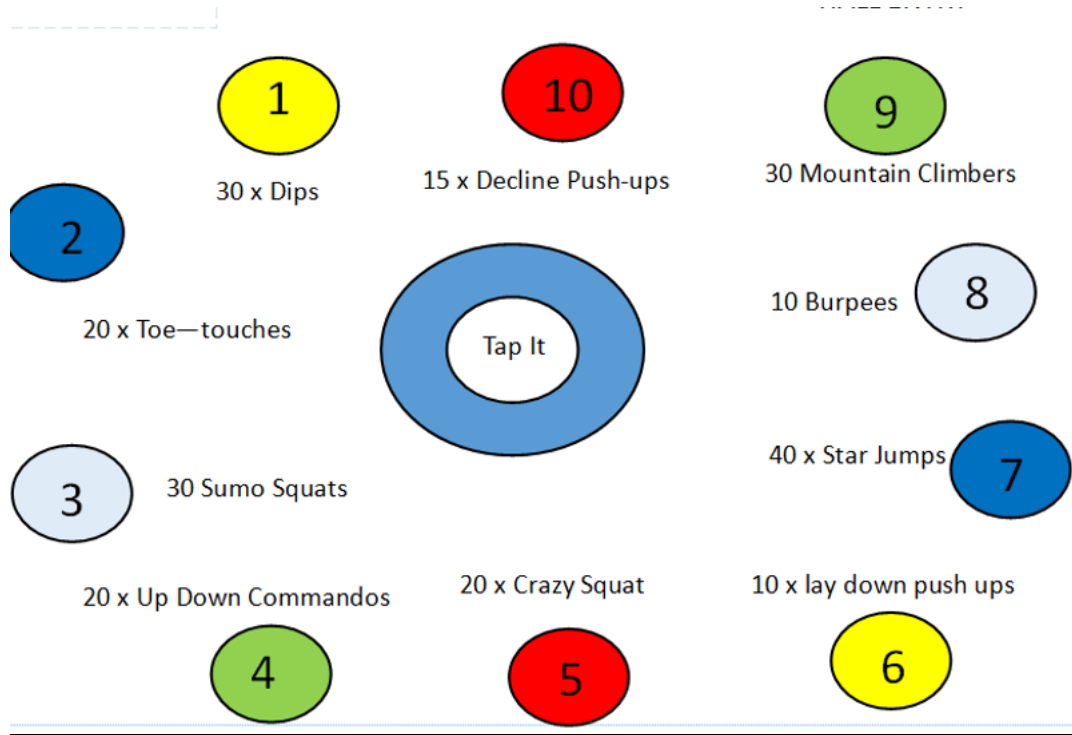
OPTIONS CHOOSE 1 OF THE FOLLOWING WORKOUTS

- *strength workout*
- *Agility workout*
- *Flexibility and balance*

Workout 6

Complete the following fitness circuit

Complete 3 times



Workout 7

UNO workout

If available, use UNO cards to complete the following workout.



UNO fitness challenge

Collect a card

Colour= Exercise

Number= Reps

Red card= Jump squats

Yellow card= Star Jumps

Green card= Burpees

Blue cards= Push ups/ knee push ups

Black Wild= 20 High Knees

Draw Two= 10 Sumo squats

Reverse= Jog around the backyard

Skip= 20 skips if possible/ 20 jumps on the spot

Workout 8, 9 and 10- Try to complete 4 rounds of exercises- if this is not possible complete 2 the first time and keep trying to improve how many rounds you complete.

Workout 8

Try to complete up to 4 rounds of the following exercise circuit.

1. Squats (25 times)
2. Lunges (25 times)
3. Sumo Squats (25 times)
4. Glute raises (25 times)
5. Side lying leg lift (25 times)

Workout 9

Try to complete up to 4 rounds of the following exercise circuit.

1. Crunches (25 times)
2. V-SIT (25 times)
3. Bicycle Crunch (25 times)
4. Toe touches (25 times)
5. Plank (1min)

Workout 10

Try to complete up to 4 rounds of the following exercise circuit.

1. Jumping Jacks (25 times)
2. Mountain Climbers (25 times)
3. Inchworms (25 times)
4. High knees (25 times)
5. Burpees (25 times)

Workout 11
Burpee Workout

10 Burpees

1 squat

9 burpees

2 squats

8 burpees

3 squats

7 burpees

4 squats

6 burpees

5 squats

5 burpees

6 squats

4 burpees

7 squats

3 burpees

8 squats

2 burpees

9 squats

1 burpee

10 squats

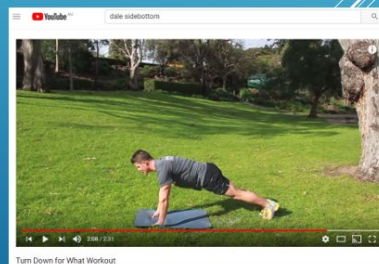
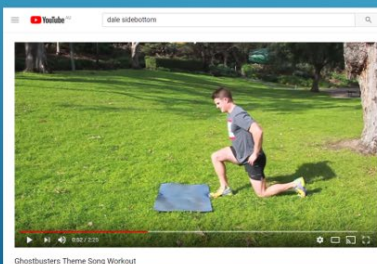
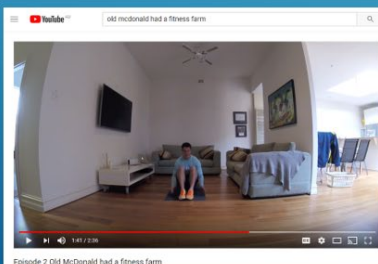
If possible rest 1 min and repeat in opposite direction.

Workout 12

Choose 2 of the following YouTube workouts:













1. *Bring sally up- push up challenge/ or squat challenge*
https://www.youtube.com/watch?v=CswK7e_Bep8
2. *Nutbush plank workout*
https://www.youtube.com/watch?v=D6BMvhZ_T8E
3. *Old McDonald had a fitness farm*
<https://www.youtube.com/watch?v=AuD4mdckGCQ>
4. *Ghost busters theme song workout*
https://www.youtube.com/watch?v=zkRGm_kqLrc
5. *Turn down for what workout*
<https://www.youtube.com/watch?v=Z8UtDOiGHjs>

YOU-TUBE FITNESS



Workout 13

EMOJI Fitness

	LUNGES		SQUATS		SQUAT HOOK
	SIT UPS		SPEEDBALL		FROG SQUATS
	TUCK JUMPS		STAR JUMPS		MOUNTAIN CLIMBERS
	BURPEES		SUPERMANS		5 second PLANK

Complete 5 reps of each exercise

Complete rounds

Workout 14

Heads or Tails

Complete 10 exercise flipping a coin each time.

FLIP #	HEADS	TAILS
1	JOG: 30 SECONDS	PLANK: 30 SECONDS
2	SQUAT: 15	CALF RAISES: 25
3	CURL UPS: 15	LEG RAISES: 12
4	JUMPING JACKS: 25	JOG: 45 SECONDS
5	HIGH KNEES: 20	PUSH-UPS: 10

FLIP #	HEADS	TAILS
6	WALL SIT: 30 SECONDS	JUMPING JACKS: 20
7	CALF RAISES: 20	PUSH-UPS: 12
8	SUPERMAN: 15 SECONDS	HIGH KNEES: 20
9	PUSH-UPS: 15	PLANK: 20 SECONDS
10	JOG: 60 SECONDS	WALL SIT: 30 SECONDS

Workout 15

Number Generator

Download a app either 'the random number' or 'pretty random'

Can also use google number generator

Put in between numbers 1 to 14

Whatever number it lands on complete that number workout.

Resource Support

Example of
body weight
circuit

20 min body weight workout

- Female instructor <https://www.youtube.com/watch?v=UBMk30rjy0o>
- male instructor <https://www.youtube.com/watch?v=leGrTqW5lek>

Do-Anywhere Toning Circuit

- 1 MINUTE: Squats**
- rest 12 seconds -
- 1 MINUTE: Lunges**
- rest 12 seconds -
- 1 MINUTE: Push-ups**
- rest 12 seconds -
- 1 MINUTE: Bridge**
- rest 12 seconds -
- 1 MINUTE: Plank**
- rest 12 seconds -

Repeat 6-minute circuit 3 times
for a total of 18 minutes.

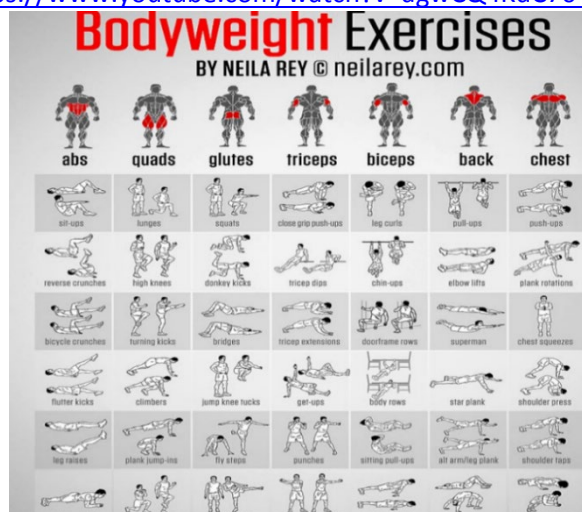
7-MINUTE HIIT WORKOUT

Do each exercise at **high intensity** for 30 seconds followed by a 10-second rest if needed. Repeat entire circuit up to three times.

- JUMPING JACKS
- WALL SIT
- PUSH-UPS
- CRUNCHES
- CHAIR STEP-UPS
- SQUATS
- TRICEPS DIPS
- PLANK
- HIGH KNEES/RUNNING IN PLACE
- LUNGES
- PUSH-UP ROTATIONS
- SIDE PLANK

Body Weight
exercise
examples

<https://www.youtube.com/watch?v=agwCQ4KdC70>- top 10 body weight exercises



Les mills
classes,
Yoga, dance
and
Meditation

Les Mills on demand (This is practiced in many gyms- do the ones that don't require equipment) <https://watch.lesmillsondemand.com/at-home-workouts>

Just dance routines - <https://www.youtube.com/watch?v=yQ4fTl4wbko>

10 min yoga workout for beginners-

<https://www.youtube.com/watch?v=VaoV1PrYft4>

Smiling mind webpage and app link- <https://www.smilingmind.com.au/smiling-mind-app>

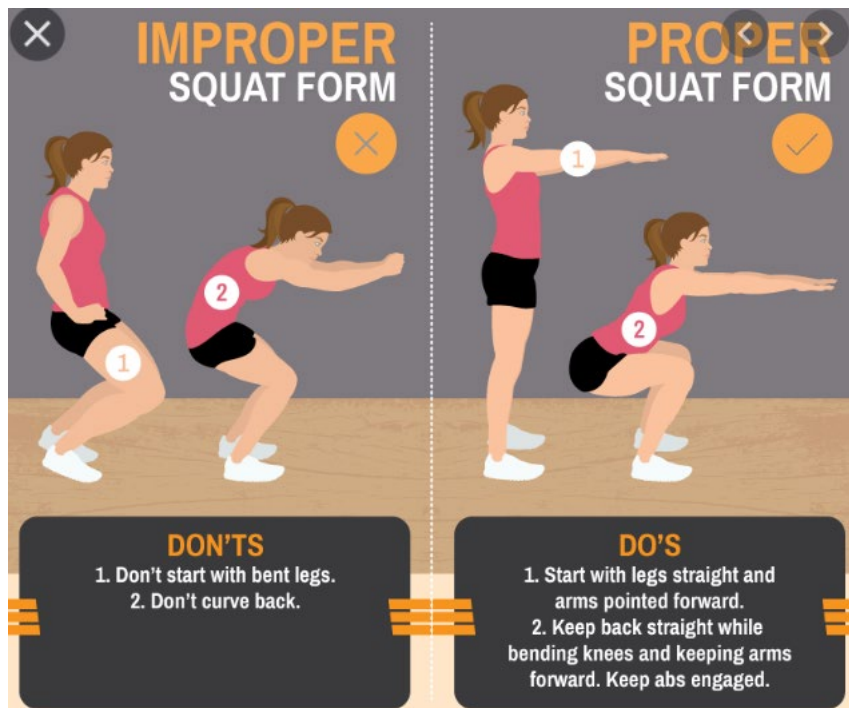
Pe with Joe Mon-Fri <https://buff.ly//2ExzusN>

Body Coach <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

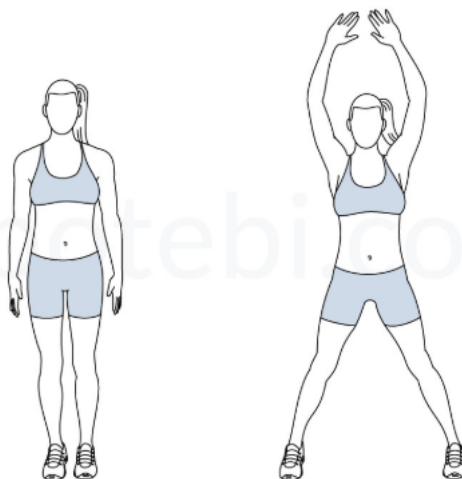
Smiling mind sign up- <https://app.smilingmind.com.au/account/signup/>

Exercise Guide

Squats



Jumping Jacks/star jumps



Burpees



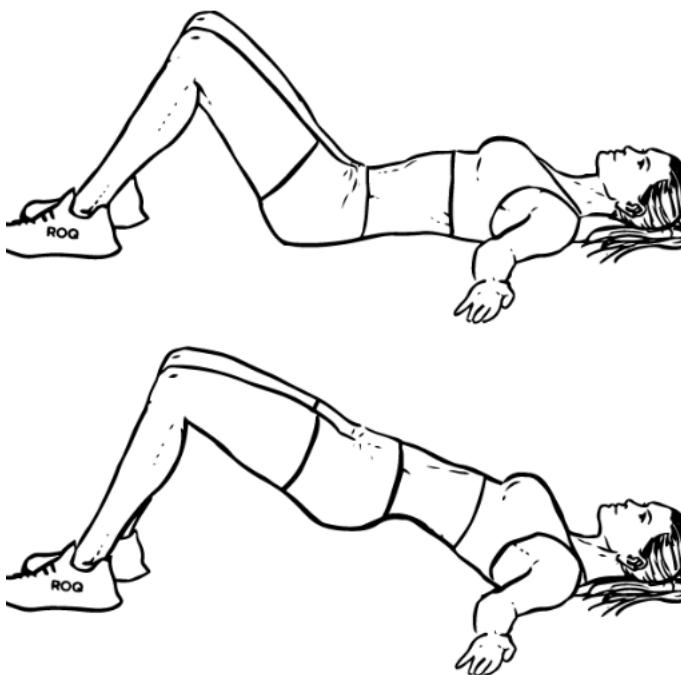
Triceps dips



Mountain Climbers



Glute raise



Plank hold



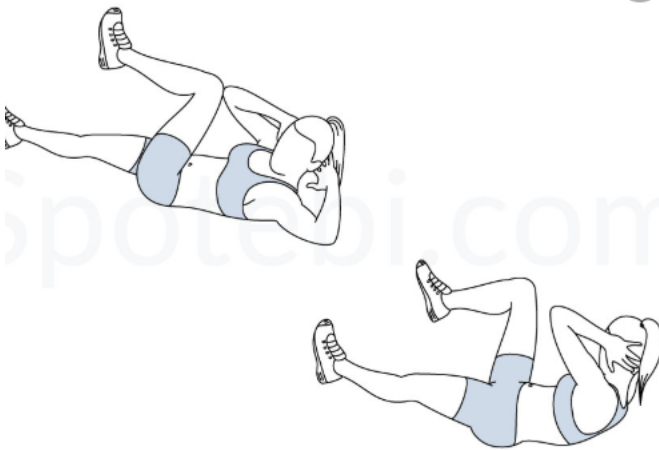
Side lying leg lift



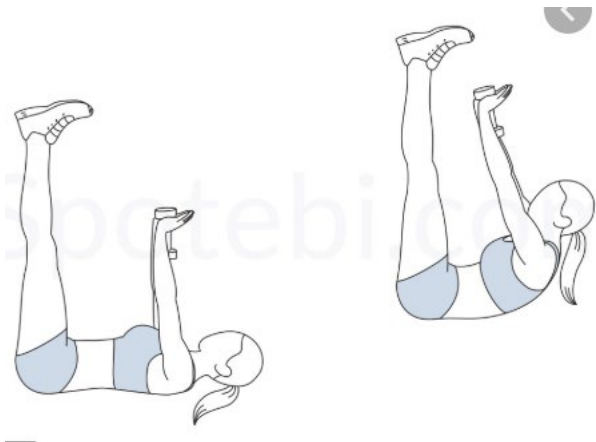
Sit ups



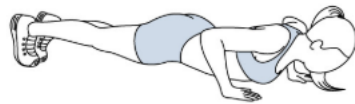
Bicycle crunches



Toe touches



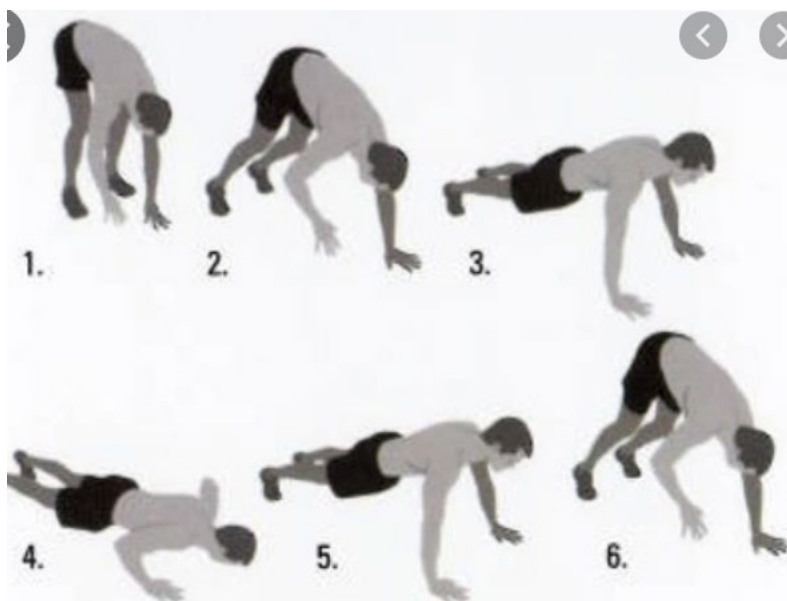
Push ups



Sumo squats



Inchworms



Up down Commando

