



Warners Bay High Term 2 School Sports Activities

<p>Day 1 30 min cardio/strength class https://watch.lesmillsondemand.com/at-home-workouts/season:1/videos/lesmills-grit-work-out-like-nina-30-min1mod</p>	<p>Day 2 Pilates/strength 30 mins https://www.youtube.com/watch?v=ObCDRGuXGUA</p>	<p>Day 3 25 min interval workout https://www.youtube.com/watch?v=zXK6oXwRr1U</p>	<p>Day 4 40 min yoga workout https://www.youtube.com/watch?v=OQ6NfFlr2jw&feature=youtu.be</p>	<p>Day 5 Dance workout – 15 mins https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-13-16-live-another-day Dance workout – 15 mins https://watch.lesmillsondemand.com/born-to-movefree/season:1/videos/born-to-move-16-13-16-lovesick</p>
<p>Day 6 30 mins skipping / strength https://www.youtube.com/watch?v=8_k_V7IUfEM</p>	<p>Day 7 35 mins AMRAP workout https://www.youtube.com/watch?v=coVZY391RCQ</p>	<p>Day 8 25 min interval workout https://www.youtube.com/watch?v=y7usRE42IQA</p>	<p>Day 9 30 min barre workout https://www.youtube.com/watch?v=9x9g7-UZXes</p>	<p>Day 10 Tabata workout 30 mins https://www.youtube.com/watch?v=XlaVWCyJJa0&feature=youtu.be</p>
<p>Day 11 30 min HIIT workout https://www.youtube.com/watch?v=9rrZSC1knHo</p>	<p>Day 12 Pilates full body workout 30 mins https://www.youtube.com/watch?v=Haww1M5oiXg</p>	<p>Day 13 25 min cardio/resistance workout https://www.youtube.com/watch?v=rKf6YpYcb1s</p>	<p>Day 14 40 min deep stretch yoga https://www.youtube.com/watch?v=GLy2rYHwUqY</p>	<p>Day 15 30 min hip hop workout https://www.youtube.com/watch?v=ZWk19OVon2k&feature=youtu.be</p>
<p>Day 16 Skipping / strength 30 mins https://www.youtube.com/watch?v=R5oYGb4Zn68</p>	<p>Day 17 30min body combat class https://watch.lesmillsondemand.com/athome-workouts/season:1/videos/bodycombatinvincible-workout-12</p>	<p>Day 18 20 min bodyweight workout https://www.youtube.com/watch?v=JoFQfZNhCI4 AMRAP 10 mins https://www.youtube.com/watch?v=C1ELgnTDJFQ</p>	<p>Day 19 30 min yoga workout https://www.youtube.com/watch?v=5h-9pqWlkzg&feature=youtu.be</p>	<p>Day 20 30 min Zumba workout https://www.youtube.com/watch?v=qAJ6EQtGZ28&t=318s</p>
<p>Day 21 Bodyweight workout 40mins https://www.youtube.com/watch?v=Qn-EWs8-Yq0&feature=youtu.be</p>	<p>Day 22 55 min body step class – Need a step https://watch.lesmillsondemand.com/athome-workouts/season:1/videos/bodystep-116-55-min</p>	<p>Day 23 25 min full body workout https://www.youtube.com/watch?v=8JpKOCzCPHU</p>	<p>Day 24 30 min Barre workout https://watch.lesmillsondemand.com/athome-workouts/season:1/videos/les-millsbarre-07-30-min</p>	<p>Day 25 30 min Zumba workout https://www.youtube.com/watch?v=cLJfmPaKb1M</p>
<p>Day 26 30 mins skipping /strength workout https://www.youtube.com/watch?v=1GHODFW3fw&t=2s</p>	<p>Day 27 55 min Body Attack class https://watch.lesmillsondemand.com/athome-workouts/season:1/videos/bodyattack-105-55-min</p>	<p>Day 28 30 min workout https://www.youtube.com/watch?v=CdOeIKXcSs</p>	<p>Day 29 60 min yoga class https://www.youtube.com/watch?v=9ZRvdbG54H4</p>	<p>Day 30 Bodyweight workout 30 mins https://www.youtube.com/watch?v=tmMaD3Tif88&feature=youtu.be</p>

Tips

- Use cans of food, bags of rice or a crowbar for extra weight. Push yourself. Invite a friend over google hangout and do it together.

Other free sites – Les Mills (gym classes) <https://watch.lesmillsondemand.com/at-home-workouts> Chris Hemsworth – free 6 week trial - <https://centr.com/join-us>

Caution

– Only exercise within your physical limits. Do not exercise if injured or have a medical issue that affects your ability to exercise.

This could also be some information that could support the notion of sport.

The health and wellbeing of our Warners Bay High School students and wider community is very important to us and we have put together some ideas for your children and families to try at home if you are looking for a bit of inspiration to keep yourselves moving.

We understand this is a very difficult time for all families and finding some time to move each day will help us to physically and emotionally get through these unprecedented and challenging times. Most of the matrix activities can be completed by the whole family and it will be updated regularly with new ideas. Below you will also find some guidelines for physical activity, sedentary behaviour and sleep for school age children from the [Department of Health](#).

National Physical Activity, Sedentary Behaviour, and Sleep Recommendations for Children and Young People (5-17 years)

Physical Activity

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities.
- Several hours of a variety of light physical activities;
- Activities that are vigorous, as well as those that strengthen muscle and bone should be incorporated at least 3 days per week.
- To achieve greater health benefits, replace sedentary time with additional moderate to vigorous physical activity, while preserving sufficient sleep.

Sedentary Behaviour

- Break up long periods of sitting as often as possible.
- Limit sedentary recreational screen time to no more than 2 hours per day.
- When using screen-based electronic media, positive social interactions and experiences are encouraged. Sleep

Sleep An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years. Have consistent bed and wake up times