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| **Workout/fitness circuit activities** | | | |
| **How many can you do?**  Equipment:  -timer or stopwatch  -piece of paper to record your results  -5 things to weave around eg bottles, cans, hats, soft toys  -at least 10 sock balls and a bucket/pot  -basketball or any other ball that can be easily bounced  - a step, bench or sturdy chair  - towel/mat and a large ball or a soft toy  -broom, mop or pole  Set up the stations using the equipment you collected. Set the timer for 1 minute and count how many of that activity you can do in the minute. Record your score while you are resting for 1 minute then move to the next station and begin again.  -weave (1point when you reach an end)  -sock throw (1 point per sock you get into the bucket/pot)  -Basketball bounce (1pt there and back)  -step up on bench (2 feet up=1 point)  -sit ups with a teddy/large ball (ball/toy to knee= 1 point)  -broom/mop bent over twist (both sides=1 point) | **Bootcamp/ Workouts**  Equipment:  -will vary depending on your bootcamp but aim to have something to lift, step up onto, jump  -towel or a mat to lay on  Create a workout using different movements and repetitions. Your work out could look like:  ●      Jog on the spot for 1 minute  ●      10 Star jumps  ●      5 Push ups  ●      5 Sit ups  ●      3 Lunges on each leg  ●      Plank for 10 seconds  Break for 30 seconds then repeat another 2 times.  Or you could workout along to:  1 minute fitness challenges  <https://www.youtube.com/watch?v=J0LI2jhlgTA&feature=youtu.be>  PE Joe <https://www.youtube.com/thebodycoachtv>  Sam Wood <https://www.youtube.com/playlist?list=PLq0R3riSABaj_oVQjuFV1JAuxONUdbPg9> | **Ninja Warrior/Obstacle course**  Equipment:  You might like to use cushions, a bed, chairs, tables, pillows or anything else you can think of. Just make sure you…..STAY SAFE  Make an obstacle course with things inside and outside your house  – you have to go over, under and around! | **THEMED WORKOUTS**   Try out one of the Glenn Higgins workout videos. You could work out like Spiderman, Harry Potter or perhaps complete the Fortnite Dance workout!  <https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ> |