|  |
| --- |
| **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 poleSet 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 secondsBreak 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 SAFEMake 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> |