



ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE! ROUND 2

Week 1

Day 1- Manic Monday

Scatter all that you can find in the garden, balls, pegs, leaves, toys etc Then time how long it takes you to put them into one central base (you may wish to use a wash basket or bucket) How long did it take you? Can you challenge your parents/siblings to beat your time? Don't forget to tidy away once you've completed the task!

Day 2 Tension Tuesday

Balance: single leg balance, arabesque, wall sit and plank. Hold each balance for 30 seconds and repeat twice. Can you hold longer/ stretch further this time?

Day 3 Workout Wednesday

Leg Focus - Warm Up - Jog on the spot 2-3 minutes. Then complete 15 of each of the following exercises, repeat 2-3 times; wide squats, lunges, narrow squats (feet together), kicks, squat hold, squat thrusts, squat and side leg raise, star jumps.

Day 4 Thoughtful Thursday

Can you create a sensory garden/den/cosy corner in your garden or home? Once you have your safe place why not find some relaxing music to play whilst you take 15minutes out of your day to RELAX and UNWIND or try RAINBOW BREATHS. Stand or lie on the floor, rest your arms by your sides. Slowly raise your arms and take a deep breath in, taking your arms above your head. Breathe out slowly while you lower your arms back to your sides. Visualize the beautiful rainbow you are making. Repeat 7 times, visualising adding a colour each time. Once your rainbow is done slowly open your eyes. Can you draw and colour your own rainbow?

Day 5 Flexible Friday

Static stretches, quadriceps, groin, hamstrings, abdominals and shoulders. Hold for 15 seconds each and repeat each stretch if you can.

Day 6 Sporty Saturday

Using a washing line or skipping rope to create a net, why not try playing football tennis/throw tennis/tennis (use your hand as a racket) or even seated volleyball? You can only score a point when you start (serve) with the ball and the rally ends or goes out of bounds/court. Why not try using different types of balls, if you have not got a ball could you make one? Tin foil, socks etc

Day 7 Sunday Funday

Why not create your own treasure hunt? Doesn't just have to be toys that you hide why not hide socks etc. Can you design and decorate your own treasure map?

Active Anita would love to see how you're getting on.

Why not share your activities and progress on Twitter? Don't forget to tag us at @InspireTogeth3r and use the hashtag #commit2fit.

Disclaimer: Please ensure that you perform all activities in a safe space, removing objects that could become a trip hazard. It is important that all participants follow the correct hygiene procedures set out from the Government.



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