



ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE!

ROUND 4

Week 1

Day 1- Manic Monday

Can you travel across each room of your house from one end to the other? In each room try and think of a different travelling movement! You could try hopping, skipping, crawling or think of your own! How long did it take you to get across every room in the house? Can you race your sibling?

Day 2 Tension Tuesday

Today Active Anita wants you to be super adventurous! Try two new food items that you haven't tried before, maybe two new fruits or vegetables for example - write down your thoughts on the new items - did you like them? What did they taste like? What was the texture like?

Day 3 Workout Wednesday

Your challenge today is to create your own lockdown assault course! In your garden or in your living room can you jump over things, crawl under things, balance on things, maybe have to hit a target with something? Compete with your family to see who can be the fastest to complete your course. .

Day 4 Thoughtful Thursday

Go for a walk around your local area for approx 30 minutes. Your challenge is to take note of three different wildlife creatures you spot - insects, birds etc. (try and take pictures of them if you can). When you get home can you find out what those creatures are and 3 facts about them?

Day 5 Flexible Friday

Today is about being kind and friendly! Have a think about something nice you could do for each person in your house today. Could you make a drink for somebody? Could you help a sibling with their homework? Could you share one of your favourite toys?

Day 6 Sporty Saturday

Get a super charged start to your weekend by creating your own mega healthy breakfast! Fruit salad? porridge? Smoothie? ... Show us your creation.

Day 7 Sunday Funday

Ideally you should be getting 60 minutes activity per day. Today your challenge is to do just that whether it is playing in the garden, a bike ride or a walk with your family try and see if you can get out of breath or a little bit sweaty for 1 hour (60 minutes today).

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.



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

Inspire

Develop

Excel

Collaborate

Enjoy