



ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE!

ROUND 1

Week 2

Day 1- Manic Monday

Why not try a new activity today? Yoga or even some mindfulness. Check out some of the great online resources available!

<https://www.cosmickids.com/>
FREE Downloadable Resource
<https://www.learnful.co.uk/7-days-of-familymindfulness/>

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

Why not create a jar full of fun ideas/activities that you like to do? Think of those that hold happy memories. The next time you're feeling bored or a little low you can draw an activity out of your jar. Decorate your jar and add the ideas onto the slips of paper and pop them in!

Day 4 Thoughtful Thursday

Toilet roll shuttle, choose a times table while shooting into a net or target or why not draw a hopscotch on your paving/patio and as you hopscotch repeat a times table? Can you think of any challenges to test yourself?

Day 5 Flexible Friday

Why not try the 'Sport Jam' created by imoves
<https://imoves.com/theimovement> Alternatively put on your favourite tune and dance around the house/garden! Why not make up your own routines?
HAVE FUN!

Day 6 Sporty Saturday

It's been a challenging time with lockdown and a big change to us all, but if we all stay positive with strong mindsets we will get through this. What makes you feel good about YOU? Share your thoughts with a grown up and ask them. How are they feeling? Could you write a diary entry about the past few weeks to look back in weeks/months/years time to reflect on this time. Maybe create a time capsule?

Day 7 Sunday Funday

Using a step in the house or make one in the garden (make sure its safe and secure). How many step ups can you do in 2 minutes, 5 minutes, Challenge your Family/sisters/brothers to the challenge. Have you a way of tracking how many Steps you complete in a day?

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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Inspire

Develop

Excel

Collaborate

Enjoy