



# ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE! ROUND 3

## Week 2

### Day 1- Manic Monday

Good Morning Folks !!! It's time to shake off the weekend. Turn off the tablets and TVs and get outside and get active! can you do: 10 x squats , 10 x lengths of your garden (shuttle runs) or 10 jump jacks, 10 x Lunges (10 each leg no cheating) 10 x crunches/sit ups, 10 x push ups (box or wall push ups are fine)

### Day 2 Tension Tuesday

Times like this can be a little bit worrying for some people today it's time to talk about it! If you have any worries write them down and spend half an hour with your family talking about them you may find that once you've shared them and talked to mum or dad or big brother that they don't seem quite so big.

### Day 3 Workout Wednesday

Join Active Anita on safari today, in your garden or in your living room place a start point and a finish point at either end. Now your challenge is to think of lots of different animals (bears, crocodiles ....VELOCORAPTORS!!) Try and do two laps between your start and finish point moving in the way that your animal would move. How many animals can you think of? Can you show us your movements?

### Day 4 Thoughtful Thursday

Let's all help Active Anita today with her alphabet treasure hunt!! We want you to have a good look around your house, try and find any item that starts with each letter of the alphabet. Can you find 26 different items? What are they?

### Day 5 Flexible Friday

Look at the letters in ACTIVE ANITA can you use your body to create the shape of the letters? Take some pictures and tweet them to us!

### Day 6 Sporty Saturday

Hey Hey team!! A really simple challenge today, think about the sugary snacks and drinks you may have on a Saturday... now swap them for healthier options, instead of sweets have some fruit, instead of chocolate have a low fat yoghurt instead of fizzy sugary drinks have water or low sugar squash. It's just for the day you can do it!

### Day 7 Sunday Funday

Active Anita believes that each and everyone of you is a true superstar! Now is your chance to showcase that. Show us what makes you a superstar .... are you a fantastic gymnast? A super singer? A perfect poet or an amazing artist .... show us what makes you the special star that you are.

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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Enjoy