



St Gerard's Get Active At Home!

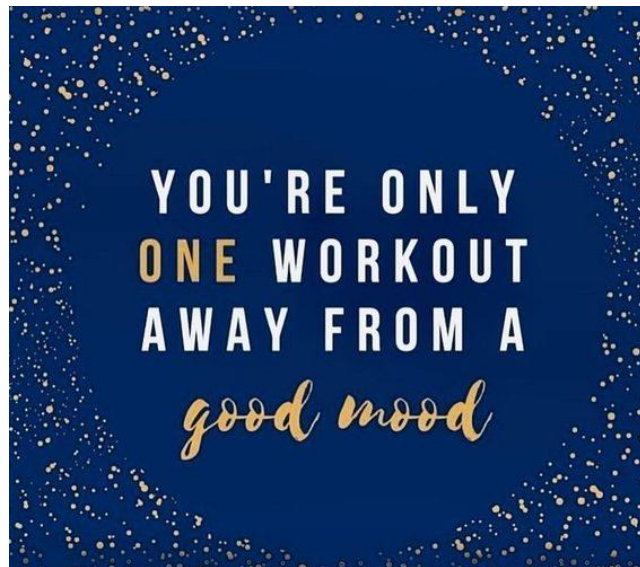
PE and Sports Activity Pack



<u>Motivated Monday</u>	<u>Team Game Tuesday</u>	<u>Work Out Wednesday</u>	<u>Time It Thursday</u>	<u>Fitness Friday</u>	<u>Sporty Saturday</u>	<u>Skills Sunday</u>
<p>Set yourself a Personal Challenge for the week.</p> <p>What can you learn or improve this week?</p> <p><i>(Juggling, Skipping, Catching and Throwing with your weak hand etc.)</i></p>	<p>Get active and play a team game with your family.</p> <p>You could play football, dodgeball, catch etc.</p> <p>OR</p> <p>Could you even create your own active game using resources from your house/garden?</p>	<p>Undertake a home fitness class or create your own home workout.</p> <p>Workout with Body Coach, Joe Wicks (YouTube)</p>	<p>How many exercises can you do in 1 minute?</p> <p>Choose 1 of the exercises below. Time yourself for 1 minute and see how many you can do. Try and beat your own/ somebody else's score!</p> <ul style="list-style-type: none"> • Press ups • Star jumps • Squats 	<p><u>Fitness Friday</u></p> <p>Complete this home workout:</p> <ul style="list-style-type: none"> • Warm up- jog on the spot for 1 minute • 10 star jumps • 10 press ups • 10 lunges • 10 squats • 10 sit ups <p>Repeat it 3 times!</p> <p>Feel the burn with a finisher- <u>hold a plank for 60 seconds!</u></p> <p>Cool down- stretch those muscles out!</p>	<p>Choose your favourite sport and practise those skills needed to become a professional!</p> <p>(Most sports have videos available online),</p>	<p>Practise your fundamental movement skills.</p> <p>These include:</p> <ul style="list-style-type: none"> Running Jumping Hopping Skipping Throwing Catching Striking an object Agility Balance Coordination

Have you got what it takes to complete the fitness challenge each day?

Tweet pictures of you (and your families) completing the daily fitness challenges and tag @StGerardsWidnes so that we can see what you have been up to!



THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY