Active Home Learning Menu

Active Home Learning is scheduled for Mondays but these activities can be done any day you like.

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| Stretching  Strengthening | High-Energy | Skill Work |
| Do some leg raises. Try 5-10 each side.  Roll down and touch your toes. | Jumping jacks for 30 seconds, rest for a minute. Aim for 10 minutes | Ball Alley: How many times can you kick a ball safely through a track/alley |
| Balance: How long can you balance on one leg for. Swap legs.  Try again if you fall. | Knee Raises: Do some knee raises for 30 seconds rest for a minute. Aim to repeat ten times. | Kick a ball at a target. Aim for 10 in a row. |
| Try the dancers pose. Hold for 30 second on each leg. | Do some kangaroo jumps: count how many you can do without stopping. | Strike a ball with a racket against a wall aim for 10 in a row. |
| Do ten squats, rest for 10 seconds and repeat. Aim for30 squats. Finish with 5 squat jumps. | Centipede shuffle for 30 seconds then rest for a minute. Aim to repeat 10 times. | Practise hopping on your left foot. Practise hopping on your right foot. Aim to stay hopping for 3 minutes. |
| Do ten lunges on your right leg, rest for ten seconds. Do ten lunges on your left leg, rest for ten seconds. Repeat 3 times. | Jog on the spot for 10 seconds, sprint for 20 seconds repeat for 5 minutes. On the spot or outside. | Practise jumping from two legs and landing on one leg.  . |
| Hold a high plank for 20 seconds.  Hold on plank on right side for 20 seconds.  Hold plank on left side for20 seconds. | Bear crawl for 30 seconds, then rest for a minute. Aim to repeat 10 times. | Practise jumping from two legs and landing on two legs. |
|  | Jog or run without stopping for 5 minutes. Don’t stop moving walk if you need to. |  |

Cool down: take a mindful moment. Sit crossed legged. Close your eyes. Feel your heart beat. Follow your breath go through your nose in to your tummy and back out through your nose. Stay still for a few moments.