



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

WEEK 1

Welcome back after the Easter break and back to home school life!

Let's kick start the week ahead with some high intensity moves! 15-25 minute workout
Warm Up - put on your favourite tune and add some aerobic movements, let's get the heart and blood pumping around our bodies. Now can you do the following for 1 minute per move; Jog, Jump Jacks, Ski Jumps, Squat Thrusts, Plank, Spotty Dogs, Twist Jumps, Power Box Step, High Knees, Plank. If you're feeling energised today Active Anita challenges you to repeat the moves again. Don't forget to cool down with some gentle jogging on the spot and stretch.

MOTIVATION MONDAY

TALENT TUESDAY

Share with Active Anita your Talent, we are all good at something and share something positive about YOU. It can be ANYTHING not just sporty e.g a drawing/colouring, singing, juggling....Be sure to post your TALENT on twitter

WALKING WEDNESDAY

Try and encourage the whole family to join you for this activity. Take a walk around a local area keeping social distancing and staying safe. Listen to the sounds around you, the smells, the sights you see (nature/flowers etc) and ENJOY your local area. Have you a way of counting your steps? Share pictures with us.

TARGET THURSDAY

Can you make various targets in your garden/home, different sizes/distances. Use balls/pegs/make a sock ball. Can you make a scoring system and get others to join you for your target game. You could even create your own bowling game? Be creative and share videos/pictures with Active Anita

FUN DAY FRIDAY

Active Anita has provided you 28 days of challenges and activities over the past few weeks. Choose your favourite and repeat the activity or perhaps you've made your own game up? It's FUNday Friday so be sure to have lots of FUN!

SKIPPING SATURDAY

Active Anita challenges you to skip to the beat, put on your favourite tune and skip. Here's an inspirational video to help you with some skipping ideas. How many skips can you do in a minute, can you skip forwards/backwards on the spot/moving, create your own routine?

SILENT SUNDAY

Take this time to relax and reflect on the week. Look back at previous week's activities, why not try one of the mindful activities - breathing exercises, yoga. Happy Sunday?

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 guidance set out from the Government. Why not share a photo and video of you taking part in the challenges and tag us on Twitter @leicesterssp HAVE FUN!

