(Enter school name or logo)

**GET YOUR FITNESS ON!**



**Dear Parents and Students**

**The HPE Team want your child and our students to keep active. To help, we have created an activity schedule during this time they are away from school.   
It’s important to ensure we have a warm up before we start, and of course make sure you have a towel and drink bottle. Make sure you are keeping your social/physical distance from others, and that your room or backyard is safe from any hazards.   
Remember, it is important that all children get a MINIMUM of 60-minutes of moderate to vigorous activity a day. You’re welcome to add any exercises or modify activities as needed.**

|  |  |  |
| --- | --- | --- |
| Low Intensity | Moderate Intensity | High Intensity |
| Mindfulness | Walking the dog | Running |
| Meditation | Yoga | Skipping |
|  | Weights | Boxing |
|  | Stretching | Cycling |
|  | Basketball (shooting around) |  |

**The table below are some example activities which give you an understanding on what activities are at different intensities.**

**If you have any questions, please email your teacher**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday**  **March 30th** | **Tuesday**  **March 31st** | **Wednesday**  **April 1st** | **Thursday**  **April 2nd** | **Friday**  **April 3rd** |
| **Challenge Day** | **PE with Joe** | **Dancing Fitness** | **Spell your Name** | **Circuit Day** |

**WARM UP**

**DYNAMIC WARM UP EXERCISES ENABLE THE BODY TO BE BETTER PREPARED FOR DYNAMIC MOVEMENTS. DYNAMIC MOVEMENT IS ANY MOVEMENT THAT IS MOVING.**

**Start:   
Star Jumps** – 30sec  
**Walking knee hugs** – With each step, raise one up to your hip or higher and hug it with both arms, pulling your knee towards your belly or chest  
**Arm Circles** – Make big circles with your arms  
**Side Shuffles** – 7 steps each side  
**Lunges** – 7 lunges each leg  
**Leg swings** – 20sec each leg.

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**CHALLENGE DAY!**

**Set a timer/stopwatch on your phones for 1 minute.   
See how many of each exercise you can complete in 1min!   
Take a 2 minute rest between each exercise.   
Write down the number you complete to compare with next week!**

**• Burpees**

**• Push-Ups**

**• High-Knees on the spot**

**• Sit Ups • Plank**

**• Mountain Climbers**

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**Visit**<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>  
  
Then click on Monday’s PE with Joe link





**WHY JUST DO NORMAL FITNESS, WHY NOT DANCE IT!**

**VISIT THIS LINK**[**https://sites.google.com/view/dance-move-challenge/home?authuser=1**](https://sites.google.com/view/dance-move-challenge/home?authuser=1) **FOLLOW THE INSTRUCTIONS AND OFF YOU GO.   
  
IF THAT ISN’T YOUR THING (RECOMMEND YOU TRY IT FIRST), THEN PLAY THIS PLAYLIST AND DO YOUR OWN DANCING**

[**https://www.youtube.com/watch?v=3AyMjyHu1bA&list=PLcirGkCPmbmFeQ1sm4wFciF03D\_EroIfr**](https://www.youtube.com/watch?v=3AyMjyHu1bA&list=PLcirGkCPmbmFeQ1sm4wFciF03D_EroIfr)

  
  
  
  
  


**CAN YOU SPELL YOUR OWN NAME?**

**LETS FIND OUT!**

**VISIT**

[**https://docs.google.com/presentation/d/1erzRuuBFLah6IoayHTvSS8C4FmCy6gU7q6cYGw7jlaw/edit#slide=id.p1**](https://docs.google.com/presentation/d/1erzRuuBFLah6IoayHTvSS8C4FmCy6gU7q6cYGw7jlaw/edit#slide=id.p1)

**THE CARD IS BELOW  
  
SPELL YOUR ENTIRE NAME (FIRST AND LAST NAME, AND IF YOU HAVE A MIDDLE NAME, THAT TOO!)  
15 SEC EACH EXERCISE/LETTER.**

**GOOD LUCK**





**CIRCUIT DAY**

**10 Push -Ups**

**30 Star jumps   
10 Squats   
40 Mountain Climbers – 20 each leg**

**20 Sit ups  
REST for 1 minute**

***REPEAT 3 TIMES***