



Southend West SSP



#StayInWorkOut

#SouthendKeepActive

#StayInStayActive

It is important to keep up a daily routine that includes physical activity and target the governments recommend 60 active minutes a day of exercise. We have collated a list of 7 days of fitness to keep you inspired and give you some ideas of what you can do at home.

Figure of 8 Monday

- Stand shoulders width apart, knees slightly bent.
 - using an object pass it through and around your legs in a figure of 8 motion.
 - You have 30 seconds to score as any points as possible.
- Count the number of times you complete a full loop around your right and left leg. Full loop counts as one point.

Try it Tuesday

'Try' a home Penathlon. A fun way for all the family to participate in Sportshall Athletics.

Full details on <http://www.sportshall.org/homepenathlon>

Wellness Wednesday

Rainbow Yoga with Adriene. The perfect 17 minute practice to brighten your day, to help turn darkness into light. Great for ALL AGES.

<https://www.youtube.com/watch?v=dF7O6-Qablo>

Five step stair challenge Thursday

- Starting at the bottom of your staircase, climb up 3 steps and down 2. always remain facing forwards.
 - then repeat this until you reach the top.
 - Up 3
 - down 2
 - Repeat
 - Try to repeat the whole challenge 5 times.
- EASIER- climb up 2 and down 1 and repeat.
HARDER- Repeat the whole challenge more than 5 times.

Gymnastic word Friday

- Spell a word:
- Explain to your observer that you are going to balance whilst making alphabet letter shapes with your body.
 - Hold each balance for 5 seconds whilst the observer tries to work out the letter you are balancing in the shape of.
- After you have completed all the letters in the word, ask the observer to reveal the word you have spelt!

Parkrun Saturday

Crate your own warm up.
Mark out a route in your house or garden.
How many laps will it be to complete 2km (junior parkrun) or 5km?



Creative Sunday

Complete an Essex Live Activity via the Active Essex YouTube there's plenty of choice for all the family.

