



# 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.

## Fitness Monday

10-1 Complete the exercises below:

- 10 x burpees
- 9 x tuck jumps
- 8 x lunges
- 7 x star jumps
- 6 x Press ups
- 5 x Touch your toes and jump
- 4 x Sit Ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank

## Learn it Tuesday

Learn and master a new skills with Funetics created by England Athletics

<https://funetics.co.uk/>

## 3 minute Wednesday

You have 3 minutes- How many times can you complete this circuit??

- 10 x Star Jumps
- 10 x Burpees
- 10 x Press Ups
- 10 x Squats

## Thinking Thursday

Active learning at home:

- Burn 2 learn
- Teach Active
- Mighty Maths
- Questr
- Tagtiv8
- Active story Time
- BBC Supermovers

## Gymnastic word Friday

Create your own active game- write the rules.

Chose your favourite activity of the week.

## Skills on Saturday

Practice your Fundamental Movement Skills:

These include Running, Jumping, Hopping, Skipping, Throwing, Catching  
Striking an object, Agility, Balance, Coordination

## Sporty Sunday

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

[www.youtube.com](http://www.youtube.com)

