



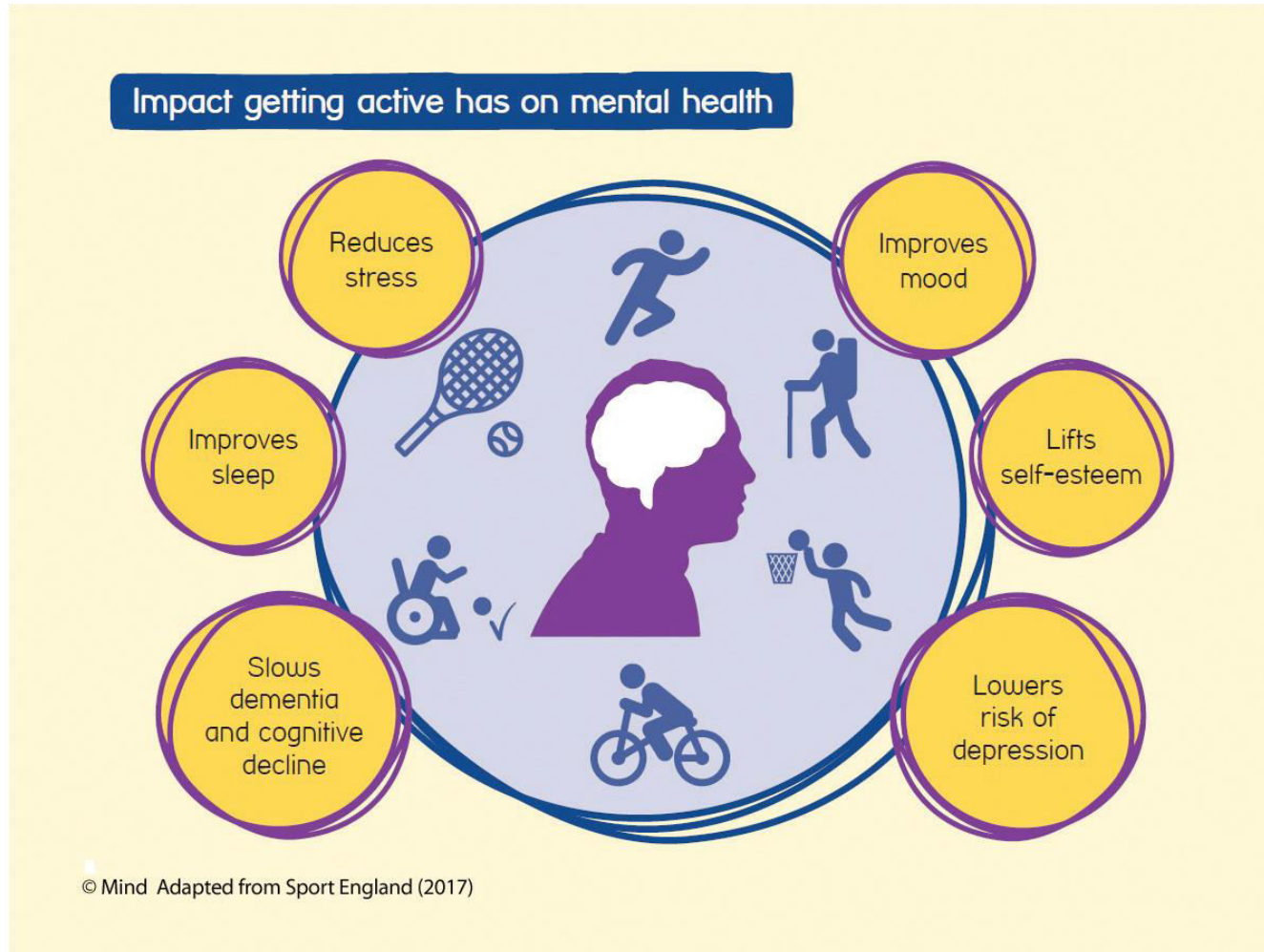
**Wellbeing
Wednesday**

How can you 'Be Active' this week?

A Sports Day at Home Challenge



Well being benefits of exercise





Host your own Sports Day

A Home Pentathlon



IMPORTANT

Before you start:

Wear appropriate clothing (remove any jewellery)
Find an appropriate safe and clear space to practice.

DO NOT PRACTICE if you have any health conditions or injuries!!!



Stair Workout – 100 steps challenge



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR HOOD

Climbing just eight flights of stairs a day lowers average early mortality risk by 33%.

Climbing stairs for seven minutes a day decreases your risk of having a heart attack by half over 10 years.

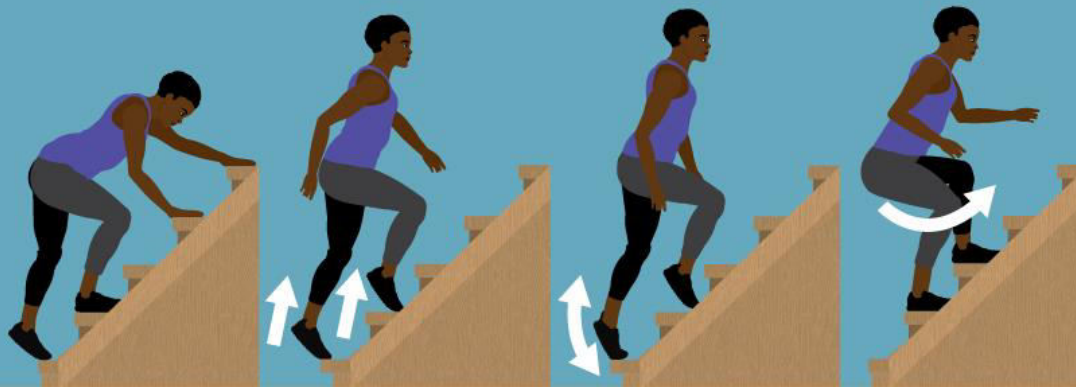


Long Steps

Traverses

Sprint

Jump



Monkey Crawl

Walk on Toes

Calf Raise

Crouch Walk

Can you do 100 stair steps?

If you don't have a staircase, you can use a doorstep, a curb or even steps in the park.



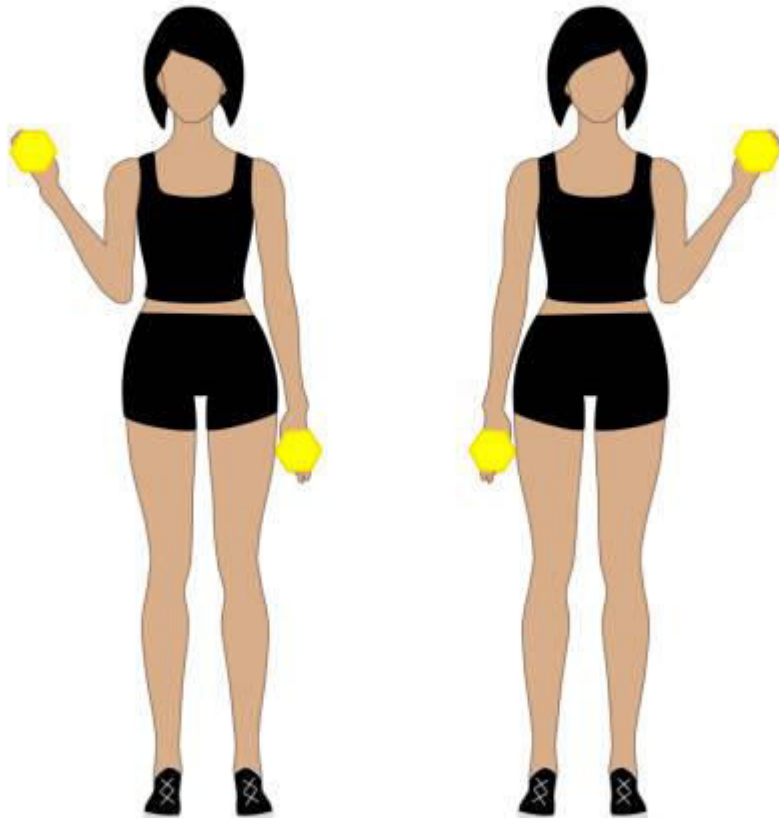
SAFETY NOTICE: If you are using stairs, make sure to only use the bottom three steps, as to not cause injury. Before beginning with this activity, wear non-slip footwear and ensure you are aware of the distance between each step, and that there is enough room for your foot to be planted in full on the step or curb. Keep a steady pace but do not rush.



Arm Workout



Dumbbell Biceps Curls



Can you do more than 25 reps on each arm?



Skipping Rope Challenge

5 skipping rope tricks you could try:

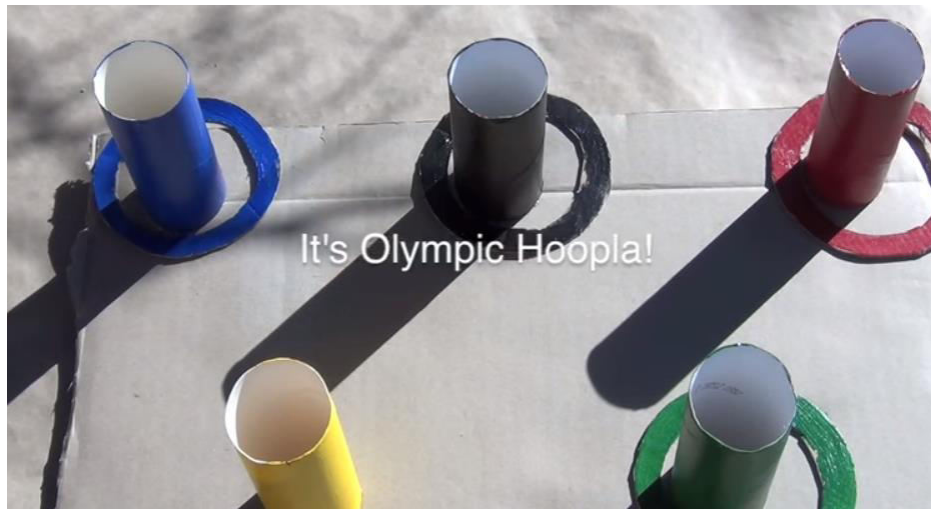
<https://m.youtube.com/watch?v=B202t59AKTo>



If you don't have a skipping rope at home, try to do as many star jumps as you can instead.



Feeling Crafty? A Craft Challenge



Local Walk



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR HOOD

Sutton Park 5 kilometre walking route



Why not challenge your friends to a competition?



There are lots of other activities you can try.

Who can walk the furthest without dropping their egg in an egg and spoon challenge?



Use your imagination, share photos of your activities with your friends and set each other challenges!



Quiz time

Please complete the short quiz once you have completed a sports day challenge:

<https://forms.office.com/Pages/ResponsePage.aspx?id=onNUZMViq0uKbYN8DZZYfBNP3eT8YtZNnEhD8ejmdTFUNKU4UVFOQUhGSzBRTVA3S0FISzdWRDI2Ry4u>

