

This 'move' challenge is based on key movement patterns.

Young people aged 5-18 should move for at least one hour in total every single day. This should be mostly aerobic, (which makes you breathe faster) at a higher intensity than just walking, and include activities that strengthen muscles and bones at least three times per week (like running, turning, jumping, playing games).

Did you know...

Hopping and skipping can make your bones stronger.



Push:

◆ Body weight

Your goal, is to push your own body weight, to match your age in years, in that many seconds or faster! 9 year olds, do 9 reps in (less than) 9 seconds! How much faster can you be than the time limit? How much faster can you be than your friends? Challenge each other online! Try today's reps challenge

Pull:

◆ Tug of war

Who will be the champion of your household!? Make various rounds. Use both arms, then only one arm, then from kneeling. Then from being seated. How much different is the workload if one person is standing and the other kneeling?

Lunging:

◆ Move variation

Travel with as many lunge steps as you can, round the block, to and from the shops. Or just down the hallway or living room, see who can take the most continuous lunge steps! Record everyone's attempts on a calendar – be creative.

Lift:

◆ Deadlift variation

Use your sofa as a weight. Try and lift it from one corner, up to your hip height, too easy? Put the dog on there for extra weight or even piles of your schoolbooks! What's the most 'creative' resistance you can lift?

Twist:

◆ Rotate variation

Hula hoop challenge! To make you move and smile at the same time. If you don't have a hula hoop, try making one! Get the creative ideas flowing, what do you need for your own hula hoop? How long can you keep it off the floor and can anyone beat your record?

◆ Travel:

Move variation

Can you move in a different way all day – hopping, bounding, jumping, skipping, walking on tip toes, taking stairs using 2 or 3 at a time instead of 1. What was the most difficult method of travelling?

◆ Drop:

Squat variation

Today is a squat jump challenge. Drop as low as you can and then spring up into as high a jump as you can. Take a sticker / post it note, and try and place it as high up on a wall as possible (something non marking, otherwise your parents may get cross!)





Write about or draw your circuit here. Share it with your friends to create a library of different home exercises.



Create your home gym!

- ◆ Find some every day household items and space and create your own home exercise circuit.
- ◆ Can you think of 8-10 exercises which involve different muscles in your body and increase your breathing rate?
- ◆ Set this up so you can move between the different stations and spend 30 seconds on each exercise with 15 seconds to rest and move to the next one.
- ◆ Can you complete the circuit twice? Try to come up with some new names for the exercises.

Your exercise names:

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

