

Dear all

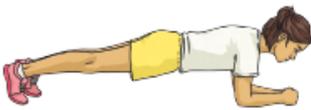
Monday, 30th March 2020

It's Mr. Fisher here. I hope that you are all okay, keeping busy with your studies and staying safe! Your class teachers have asked me to put together a few ideas to help keep you fit and active at home this week. While you are learning at home, remember to give yourselves regular breaks; and what better way to use your break time than by keeping active! So, here goes...

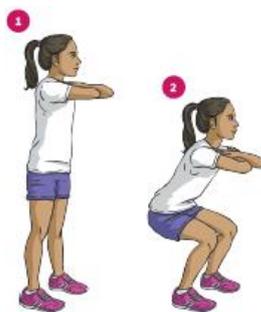
Circuits at Home

Create a series of circuit exercises at home, either inside your home, in your garden, or another safe space outdoors. Challenge yourself to do each activity for between 30 seconds to one minute. As an extra challenge, can you do a whole circuit twice? Invite your parents, carers or whole family to join you too! You can use the images below for each exercise station, or make your own circuit display posters, or even add your own favourite/made up exercises!

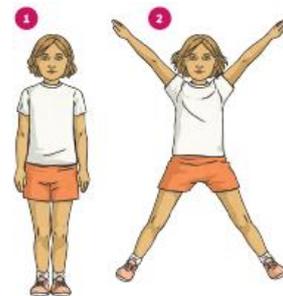
Plank (keeping a straight back)



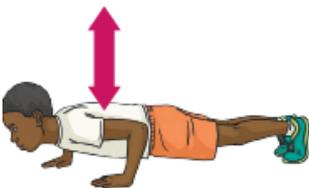
Squats



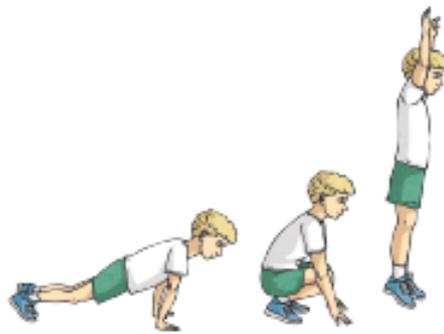
Star Jumps



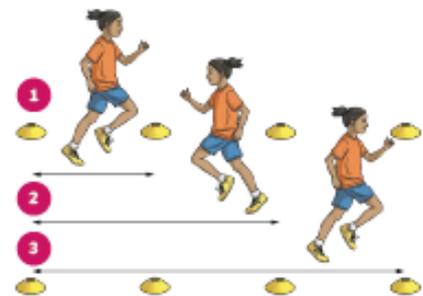
Push Ups



Burpees



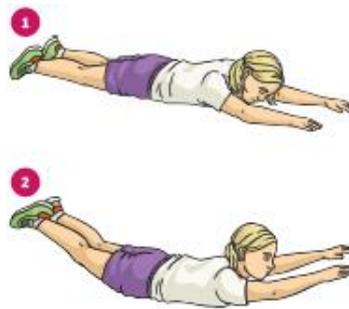
Shuttle Runs



Lunges



Seal Raises



Tricep Dips (using a chair)



Make your own Obstacle Course

Whether you are inside or outside, it is easy to make your own obstacle course. The aim of the obstacle course is to get from the start to the finish as quick as you can, whilst introducing activities in between that might involve catching, crawling, running, jumping, skipping, etc.



If you have some sports equipment, then great! You can incorporate these into the course. For example, if you have a skipping rope, then include a skipping zone, where you have to skip 10 times before moving on; if you have an object that can be jumped over, then use this too. You might also have a ball for catching, a hoop for hula hooping, etc. Whatever you can find to make the course fun and engaging, use it. If you find yourselves limited with sports equipment, then be creative. Think about incorporating some of the exercises above, and/ or features or activities from your own home (for example, running up the stairs, crawling through a box, or balancing a cushion on your head).



You might want to use three or four activity zones (or more) between the start and the finish line. You could time how long it takes each family member to get around the course, and bring in fixed penalty times if you want to be really competitive! If you want to make it a bit silly, then incorporate some fancy dress that contestants have to put and wear at the start,

and take off once they have completed the course. The main aim is to enjoy yourselves, so good luck!

Running your Daily Mile at home

If you have been keeping up your Daily Mile in the holidays, a massive well done to you! If not, then no fear, you can plan for this today. Now running a Daily Mile is a bit more of a challenge when we are all following Government advice to stay at home as much as possible. However, running your Daily Mile in a confined space is definitely doable!



As you know from school, to run a mile at school we need to run around the playground for between 10-15 minutes to achieve our Daily Mile. So, if you are lucky enough to have a garden, you could achieve this by deciding your running pathway and running around it for 10-15 minutes.

If you would like to be more accurate, you can measure the distance of your course.

1 mile is equal to 1610 metres, or 1760 yards (more or less). If the distance from your back door to the fence at the end of your garden, and back, is 30 metres (or 33 yards), then you divide the distance of the Daily Mile (1610 metres) by the distance of your course (30 metres).

1610 divided by 30 is around 54. So, in sum, you would need to run to your garden fence and back 54 times to complete your Daily Mile. How long do you think a Daily Mile would take in your back garden? Can you measure what a Daily Mile would be in it?

If you think this sounds a bit bizarre then you might be interested to hear that a man who is isolating himself in Paris ran a whole marathon on his 7 metre balcony! It took him 6 hours and 48 minutes. Moreover, a man in China ran 31 miles solely by running around his living room. He did 6,250 laps! (See the link below to read more).

<https://www.bbc.co.uk/newsround/52002192>