



ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE! ROUND 1

Week 1

Day 1- Manic Monday

High intensity Exercises:
Sprint on the spot, Star jumps and high knees. Perform each exercise for 20 seconds & repeat as many times as you can.

Day 2 Tension Tuesday

Balance: single leg balance, arabesque, wall sit and plank. Hold each balance for 30 seconds and repeat twice.

Day 3 Workout Wednesday

Exercises: squats, lunges, heel flicks and shoulder raises. Perform each exercise for 20 seconds and repeat as many times as you can.

Day 4 Thoughtful Thursday

Take 2 minutes to consider your surroundings. Venture into the garden, take a walk or look out of the window. What can you see, hear, smell?

Day 5 Flexible Friday

Static stretches: quadriceps, groin, hamstrings, abdominal's and shoulders. Hold for 15 seconds each and repeat each stretch if you can

Day 6 Sporty Saturday

Challenge yourself! How many times can you throw an object into a bucket in 60 seconds? Can you make up your own sporty game or challenge?

Day 7 Sunday Funday

Try some of Active Anita's Sunday Funday games! Step outside and enjoy the fresh air.

Active Anita would love to see how you're getting on.

Why not share your activities and progress on Twitter? Don't forget to tag us at @InspireTogeth3r and use the hashtag #commit2fit.

Disclaimer: Please ensure that you perform all activities in a safe space, removing objects that could become a trip hazard. It is important that all participants follow the correct hygiene procedures set out from the Government.



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ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE! ROUND 2

Week 1

Day 1- Manic Monday

Scatter all that you can find in the garden, balls, pegs, leaves, toys etc Then time how long it takes you to put them into one central base (you may wish to use a wash basket or bucket) How long did it take you? Can you challenge your parents/siblings to beat your time? Don't forget to tidy away once you've completed the task!

Day 2 Tension Tuesday

Balance: single leg balance, arabesque, wall sit and plank. Hold each balance for 30 seconds and repeat twice. Can you hold longer/ stretch further this time?

Day 3 Workout Wednesday

Leg Focus - Warm Up - Jog on the spot 2-3 minutes. Then complete 15 of each of the following exercises, repeat 2-3 times; wide squats, lunges, narrow squats (feet together), kicks, squat hold, squat thrusts, squat and side leg raise, star jumps.

Day 4 Thoughtful Thursday

Can you create a sensory garden/den/cosy corner in your garden or home? Once you have your safe place why not find some relaxing music to play whilst you take 15minutes out of your day to RELAX and UNWIND or try RAINBOW BREATHS. Stand or lie on the floor, rest your arms by your sides. Slowly raise your arms and take a deep breath in, taking your arms above your head. Breathe out slowly while you lower your arms back to your sides. Visualize the beautiful rainbow you are making. Repeat 7 times, visualising adding a colour each time. Once your rainbow is done slowly open your eyes. Can you draw and colour your own rainbow?

Day 5 Flexible Friday

Static stretches, quadriceps, groin, hamstrings, abdominals and shoulders. Hold for 15 seconds each and repeat each stretch if you can.

Day 6 Sporty Saturday

Using a washing line or skipping rope to create a net, why not try playing football tennis/throw tennis/tennis (use your hand as a racket) or even seated volleyball? You can only score a point when you start (serve) with the ball and the rally ends or goes out of bounds/court. Why not try using different types of balls, if you have not got a ball could you make one? Tin foil, socks etc

Day 7 Sunday Funday

Why not create your own treasure hunt? Doesn't just have to be toys that you hide why not hide socks etc. Can you design and decorate your own treasure map?

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ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE! ROUND 3

Week 1

Day 1- Manic Monday

Welcome back after the Easter break and back to home school life! Let's kick start the week ahead with some high intensity moves!

15-25 minute workout Warm Up - put on your favourite tune and add some aerobic movements, let's get the heart and blood pumping around our bodies. Now can you do the following for 1 minute per move; Jog, Jump Jacks, Ski Jumps, Squat Thrusts, Plank, Spotty Dogs, Twist Jumps, Power Box Step, High Knees, Plank. If you're feeling energised today Active Anita challenges you to repeat the moves again. Don't forget to cool down with some gentle jogging on the spot and stretch.

Day 2 Tension Tuesday

Share with Active Anita your Talent, we are all good at something and share something positive about YOU. It can be ANYTHING not just sporty e.g a drawing/colouring, singing, juggling....Be sure to post your TALENT on twitter

Day 3 Workout Wednesday

Try and encourage the whole family to join you for this activity. Take a walk around a local area keeping social distancing and staying safe. Listen to the sounds around you, the smells, the sights you see (nature/flowers etc) and ENJOY your local area. Have you a way of counting your steps? Share pictures with us.

Day 4 Thoughtful Thursday

Can you make various targets in your garden/home, different sizes/distances. Use balls/pegs/make a sock ball. Can you make a scoring system and get others to join you for your target game. You could even create your own bowling game? Be creative and share videos/pictures with Active Anita.

Day 5 Flexible Friday

Active Anita has provided you 28 days of challenges and activities over the past few weeks. Choose your favourite and repeat the activity or perhaps you've made your own game up? It's FUNday Friday so be sure to have lots of FUN!

Day 6 Sporty Saturday

Active Anita challenges you to skip to the beat, put on your favourite tune and skip. Here's an inspirational video to help you with some skipping ideas. How many skips can you do in a minute, can you skip forwards/backwards on the spot/moving, create your own routine?

Day 7 Sunday Funday

Take this time to relax and reflect on the week. Look back at previous week's activities, why not try one of the mindful activities - breathing exercises, yoga. Happy Sunday?

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ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE!

ROUND 4

Week 1

Day 1- Manic Monday

Can you travel across each room of your house from one end to the other? In each room try and think of a different travelling movement! You could try hopping, skipping, crawling or think of your own! How long did it take you to get across every room in the house? Can you race your sibling?

Day 2 Tension Tuesday

Today Active Anita wants you to be super adventurous! Try two new food items that you haven't tried before, maybe two new fruits or vegetables for example - write down your thoughts on the new items - did you like them? What did they taste like? What was the texture like?

Day 3 Workout Wednesday

Your challenge today is to create your own lockdown assault course! In your garden or in your living room can you jump over things, crawl under things, balance on things, maybe have to hit a target with something? Compete with your family to see who can be the fastest to complete your course. .

Day 4 Thoughtful Thursday

Go for a walk around your local area for approx 30 minutes. Your challenge is to take note of three different wildlife creatures you spot - insects, birds etc. (try and take pictures of them if you can). When you get home can you find out what those creatures are and 3 facts about them?

Day 5 Flexible Friday

Today is about being kind and friendly! Have a think about something nice you could do for each person in your house today. Could you make a drink for somebody? Could you help a sibling with their homework? Could you share one of your favourite toys?

Day 6 Sporty Saturday

Get a super charged start to your weekend by creating your own mega healthy breakfast! Fruit salad? porridge? Smoothie? ... Show us your creation.

Day 7 Sunday Funday

Ideally you should be getting 60 minutes activity per day. Today your challenge is to do just that whether it is playing in the garden, a bike ride or a walk with your family try and see if you can get out of breath or a little bit sweaty for 1 hour (60 minutes today).

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ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE!

Week 2

ROUND 1

Day 1- Manic Monday

Why not try a new activity today? Yoga or even some mindfulness. Check out some of the great online resources available!

<https://www.cosmickids.com/>
FREE Downloadable Resource
<https://www.learnful.co.uk/7-days-of-familymindfulness/>

Day 2 Tension Tuesday

Balance: single leg balance, arabesque, wall sit and plank. Hold each balance for 30 seconds and repeat twice. Can you hold longer/ stretch further this time?

Day 3 Workout Wednesday

Why not create a jar full of fun ideas/activities that you like to do? Think of those that hold happy memories. The next time you're feeling bored or a little low you can draw an activity out of your jar. Decorate your jar and add the ideas onto the slips of paper and pop them in!

Day 4 Thoughtful Thursday

Toilet roll shuttle, choose a times table while shooting into a net or target or why not draw a hopscotch on your paving/patio and as you hopscotch repeat a times table? Can you think of any challenges to test yourself?

Day 5 Flexible Friday

Why not try the 'Sport Jam' created by imoves <https://imoves.com/theimovement> Alternatively put on your favourite tune and dance around the house/garden! Why not make up your own routines? HAVE FUN!

Day 6 Sporty Saturday

It's been a challenging time with lockdown and a big change to us all, but if we all stay positive with strong mindsets we will get through this. What makes you feel good about YOU? Share your thoughts with a grown up and ask them. How are they feeling? Could you write a diary entry about the past few weeks to look back in weeks/months/years time to reflect on this time. Maybe create a time capsule?

Day 7 Sunday Funday

Using a step in the house or make one in the garden (make sure its safe and secure). How many step ups can you do in 2 minutes, 5 minutes, Challenge your Family/sisters/brothers to the challenge. Have you a way of tracking how many Steps you complete in a day?

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ACTIVE ANITA'S 14 DAY HOME ACTIVITY CHALLENGE! ROUND 3

Week 2

Day 1- Manic Monday

Good Morning Folks !!! It's time to shake off the weekend. Turn off the tablets and TVs and get outside and get active! can you do: 10 x squats , 10 x lengths of your garden (shuttle runs) or 10 jump jacks, 10 x Lunges (10 each leg no cheating) 10 x crunches/sit ups, 10 x push ups (box or wall push ups are fine)

Day 2 Tension Tuesday

Times like this can be a little bit worrying for some people today it's time to talk about it! If you have any worries write them down and spend half an hour with your family talking about them you may find that once you've shared them and talked to mum or dad or big brother that they don't seem quite so big.

Day 3 Workout Wednesday

Join Active Anita on safari today, in your garden or in your living room place a start point and a finish point at either end. Now your challenge is to think of lots of different animals (bears, crocodiles ...VELOCORAPTORS!!) Try and do two laps between your start and finish point moving in the way that your animal would move. How many animals can you think of? Can you show us your movements?

Day 4 Thoughtful Thursday

Let's all help Active Anita today with her alphabet treasure hunt!! We want you to have a good look around your house, try and find any item that starts with each letter of the alphabet. Can you find 26 different items? What are they?

Day 5 Flexible Friday

Look at the letters in ACTIVE ANITA can you use your body to create the shape of the letters? Take some pictures and tweet them to us!

Day 6 Sporty Saturday

Hey Hey team!! A really simple challenge today, think about the sugary snacks and drinks you may have on a Saturday... now swap them for healthier options, instead of sweets have some fruit, instead of chocolate have a low fat yoghurt instead of fizzy sugary drinks have water or low sugar squash. It's just for the day you can do it!

Day 7 Sunday Funday

Active Anita believes that each and everyone of you is a true superstar! Now is your chance to showcase that. Show us what makes you a superstar are you a fantastic gymnast? A super singer? A perfect poet or an amazing artist show us what makes you the special star that you are.

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ACTIVE ANITA'S MINDFULNESS ACTIVITY 1

Find a comfortable spot on to lie down on your back with your eyes closed (on the floor, sofa or out in the sunshine is perfect). Start to take some nice slow deep breaths in through your nose and out through your mouth. Spend about a minute doing this as slowly as you can, feel your tummy go up and down as you breath. Try and make your tummy go up and down as slowly as you can. Next take your buddy and place them on your tummy it's time to go on your adventure ... Your buddy is in a boat on the ocean the ocean is your tummy, try and make the ocean as calm as you can for your buddy. Your adventure can take you any where you want to go it's your choice? Desert island? Favourite place to go on holiday?

Theme park? Take 5 minutes to tell an imaginative story to yourself or get someone to tell you one. Think about all of the sights, sounds smells of the place you have gone. The people you meet there the fun activities you do? This is your chance to escape the world for 5 - 10 minutes and go wherever you like! When you feel it is time to leave your adventure climb back into your boat say goodbye to all your new friends make sure the ocean (your tummy) is nice and calm for the journey back by making your breaths nice and slow. Travel back slowly across the ocean, to our country, to our town, to our street, to our house and back to the space we are lying in. When you are ready slowly open your eyes and sit u p!

How was your adventure??

You can do this when ever you feel anxious or worried or at night in bed when you can't get to sleep. It is useful for any age group, even mums and dads can try this!!

Mums and dads! Don't worry if you don't have a favourite toy anymore you can simply place your hands on your tummy to feel your breathing. why not share your adventures with your family members and go on an adventure with them!



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ACTIVE ANITA'S MINDFULNESS ACTIVITY 2

We are regularly told the importance of eating 5 portions of fruit and vegetables a day to make sure we get the right amount of vitamins, minerals and fibre into our body to keep it healthy. But what about our minds? Having a healthy happy mind is hugely important and we can certainly start to take care of it better in exactly the same way as we do our bodies!

What we would like you and your families to start doing with this activity is thinking about looking after your mind is the same way as you do your bodies. We can do this with the introduction of a mental 5 a day activity. All you will need for this activity is a pen and some paper! Every morning when you wake up we want you to simply write down 5 things you do that make you happy! This could be; 1. Reading a favourite book 2. Listening to a favourite song 3. Speaking on the phone to a relative or friend 4. Drawing a nice picture 5. Playing football in the garden. The next step to this activity is really simple, take time EACH DAY to complete your list. This is YOU time to do things that YOU enjoy and make you SMILE.

Extension and adaptation: This activity is suitable for all ages and abilities, to extend this activity can you: Look after your body AND your MIND try and eat 5 portions of fruit and vegetables a day AND complete your mental 5 A DAY LIST! Why not make a list of 5 things that make you AND your mum, dad, brother or sister happy and try and complete the list together? Good luck and let us know how your getting on and what you and your families have been doing to make you smile!



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ACTIVE ANITA'S MINDFULNESS ACTIVITY 3

In this activity we will be looking at channelling our inner Spiderman or Spidergirl in order to help us just keep some focus and concentration for our work or our learning.

For this activity you will need a sound and a means of fading that sound? Ideal for this is a mindfulness bell app available FREE to download on both the app store and the google play store for android.

If you don't have access to either of these don't panic. Play a song and slowly fade that song out to silence. Have the TV on and slowly turn the volume down to silence. Ask your child to sit somewhere nice and quiet with their eyes closed and take four nice deep breaths in through their nose and out through their mouth. Play the sound to your child so they are aware what to expect, explain that it will fade to complete silence and you want them to keep their eyes closed. Ask your child to raise their hand when the sound has "COMPLETELY GONE" When they can no longer hear it at all. Now play the sound to your child. Those children with poor focus will raise their hand quite quickly. Ask your child to focus **ONLY ON THE SOUND** you are using (bell, song, tv) and repeat the exercise, you should notice the second time that their hand doesn't go up so quickly? The final time you attempt this activity ask your child to **NOT** raise their hand. Simply sit quietly and listen to **ANY** and **ALL** the sounds they can hear around them. After a period of about a minute to 90 seconds ask your child to open their eyes and tell you all of the sounds they can hear.

This activity is suitable for all ages and abilities and can even be valuable for you mums and dads to try! (you don't have to put your hands up!) Try this exercise with other senses: Close your eyes and focus on what things around you feel like?

Soft? Fluffy? Squishy? Close your eyes and focus on your taste what does something really taste like? Is it sweet? Is it crunchy? Does it have a rough surface or smooth?



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ACTIVE ANITA'S MINDFULNESS ACTIVITY 4

Physical play includes activities that use physical movements to allow children to use their energy, and it gives children the chance to develop gross and fine motor skills. Furthermore, UK researchers have found visiting a green space has positive effect on children's mental health.

The parent will throw the ball towards the child. The parent yells "HEAD" or "CATCH" to the child as they toss the ball. The child must quickly react to the command and perform the OPPOSITE action. If the parent yells "HEAD" the player must catch the ball. If the parent yells "CATCH" the player must head the ball back. Let the child have a go at being the thrower.

Park bowling Lay 2/3 bottles on the ground next to each other and place a marker 3 metres away. Bowl the ball 5 times to try to knock the bottles over, stand the bottles up after every turn. Count how many bottles you have knocked over. Challenge your family member, can you be at their score? Progression: Use a tennis ball and perform an over arm throw.

Body Part Cricket Place two water bottles 3m apart. Choose a batter and bowler. The batter chooses a body part to hit the ball with. The bowler rolls or throws the ball gently to the batters choose body part. The batter hit the ball and runs between the two bottles. 1 shuttle run between the bottle=1 point. The batter must remember the number of points they score. The bowler must retrieve the ball and knock one of the bottles over, once a bottle is knocked over the runner must stop. After 5 bowls, change roles. The highest number of points is the winner. Progression-Allow the bowler to decide what body part the batter uses, the bowler calls the body part out during the ball throw.