



Be physically active

Aim for an average of at least 60 minutes per day across the week



Physical Activity Ideas for Secondary Schools & Families

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>PE with Joe Wicks 2021. Live at 9am every Monday or catch up anytime.</p>	<p>Zumba – Upbeat routines to follow - every class feels like a party!</p>	<p>PE with Joe Wicks 2021. Live at 9am every Wednesday or catch up anytime.</p>	<p>Dance tutorial – to Intentions by Justin Bieber</p>	<p>PE with Joe Wicks 2021. Live at 9am every Friday or catch up anytime.</p>	<p>Family-friendly swimming workouts at home Swimming inspired fun by the Institute of Swimming.</p>	<p>Couch to 5k Week-by-week running plan for beginners.</p>
<p>TopYa! A video library of active challenges.</p>	<p>Themed Fitness videos – Fitness through physical education adventures</p>	<p>Gymnastics at Home British Gymnastics #GymnastsAtHome challenges</p>	<p>Crossfit - Full body Crossfit style workouts</p>	<p>Sports Alphabet workout</p>	<p>Outdoor Adventure on your doorstep Get active with British Orienteering</p>	<p>Just Dance Start a dance party your friends and family can enjoy!</p>
<p>Football's Staying Home - learn new football skills whilst at home with these Football Masterclasses</p>	<p>DodgeballFive @Home A new way to play by British Dodgeball</p>	<p>Chance to Shine Cricket session! Check out tips on how to make your own cricket set.</p>	<p>YST 60 Second Physical Activity Challenges A fun 'compete against yourself' approach!</p>	<p>The Real Surya Namaskar – Have a go at completing this yoga cycle</p>	<p>Worcestershire Cycling and Walking Guides Go for a family walk.</p>	<p>The PE Active Board Game</p>
<p>Jump Rope UK Shake up video – Skipping rope not essential!</p>	<p>YST After School Sport Club Live at 5pm every Tuesday or have a go at some previous sessions here.</p>	<p>Yoga with Adriene High quality yoga videos for all levels, all bodies, all genders and all souls!</p>	<p>YST After School Sport Club Live at 5pm every Thursday or have a go at some previous sessions here.</p>	<p>YST Wonder Woman Quest Activities to support wellbeing.</p>	<p>Scavenger Hunt Fitness Quest – Race against the clock to collect items!</p>	<p>Walking meditations – from Headspace.</p>

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019



For more ideas on how you can get active at home or in school, please check out our Worcestershire Virtual School Games Physical Activity challenges via - www.activehw.co.uk/worcestershire-school-games. These multi-sport challenges incorporate skills from:

- handball
- basketball
- athletics
- netball
- rugby and
- boccia.

We would love to see you all being active! Please keep us updated with your efforts by uploading your photos and videos using **#WorcsVirtualSG** and tag our social media **@ActiveHW**

