





<p>Food diary</p> <p>Keep a food diary for the week. You could print the Food Diary saved on this post or create your own.</p> <p>See if you can identify which of the main food groups your food belongs to: carbohydrates, vitamins and minerals, protein, fats, dairy. Have a look at the attached Eatwell Guide PDF to help you!</p> 	<p>HIIT Workout 1</p> <p>Do these exercises for 30 seconds, and have 30 seconds rest between exercises:</p> <ol style="list-style-type: none"> 1. Jumping jacks 2. Plank 3. Press ups 4. High-knees running on the spot 5. Sit ups <p>Repeat the circuit 3 times!</p>	<p>Sack Race</p> <p>Ask an adult for some old pillowcases and have a sack race up and down your garden. If you are on your own, time yourself and then try and beat your time.</p> 	<p>High Jump</p> <p>All you need are some toilet rolls and a bed or sofa to land on. Place a toilet roll on the edge of the bed (this is the crossbar). The aim is to jump onto the bed with a scissor-kick jump without touching the toilet roll. If you are successful, add another toilet roll so it is higher!</p> 
<p>Juggling</p> <p>Learn how to juggle! Juggling is great for boosting your brain development. Watch this video for some top tips:</p> <p>https://www.youtube.com/watch?v=k5gA2RWDujY</p> <p>If you don't have juggling balls, you could use tennis balls, or rolled up socks!</p>	<p>Football Dribble</p> <p>Set out 4 cones about 75cm-1m apart to dribble a football in and out of. If you don't have cones you can use tins from your kitchen cupboard! You can do this race as a relay or as individuals. If you are on your own, time yourself and then try and beat your time.</p>	<p>Washing basket Throw</p> <p>Gather together 10 soft items from around your house (teddies, rolled up socks, cushions, toilet roll etc.) Stand a metre away from the washing basket (further if you are older!) and see how many items you can get into the washing basket in one minute!</p>	<p>Javelin</p> <p>Take an empty kitchen roll tube and place some rolled up socks in one end to make it slightly heavier. You could even decorate your kitchen roll tube first. Create a starting line and see who can throw their javelin the furthest. If you are on your own, try and beat your distance each time.</p>
 <p>Yoga</p> <p>Cosmic Kids Yoga has some brilliant yoga sequences for children to follow, along with a story. Check out this one here:</p> <p>https://www.youtube.com/watch?v=on_9AhPQiqE</p>	<p>Wash the car!</p> <p>Washing the car for 30 minutes burns as many calories as a 30 minute walk, and you are doing a good deed. Remember to do this under adult supervision 😊</p>	<p>Zumba Dance Party</p> <p>Follow along to this Zumba workout:</p> <p>https://www.youtube.com/watch?v=FHo9QaJ1Dyl</p> 	<p>Keepy-Uppy Challenge</p> <p>Learn how to do a Keep-Uppy here:</p> <p>https://www.youtube.com/watch?v=GcCv9MeGqS0</p> <p>If you already know how to do a Keepy-Uppy, challenge yourself to see how many you can do in a row!</p>
<p>Water Safety Quiz</p> <p>Are you water wise? Have a go at this water safety quiz to check your understanding:</p> <p>https://www.rosipa.com/leisure-safety/Water/Advice/Children-Young-People/Water-Wise-Quiz</p> <p>Before you have a go, have a look at the Water Safety Information PDF to help you. You can click on the 'answers' link once you have done the quiz to check your answers.</p>	<p>Paper Airplanes</p> <p>Take a look at this website and choose your airplane design:</p> <p>https://foldnfly.com/#/1-1-1-1-1-1-1-1-2</p> <p>Then create a starting line and take it in turns to throw your paper airplane to see whose goes the furthest. If you are on your own, you could try out several different designs to test them out!</p> 	<p>HIIT Workout 2</p> <p>Do these exercises for 30 seconds, and have 30 seconds rest between exercises:</p> <ol style="list-style-type: none"> 1. Burpees 2. Mountain climbers 3. Walking lunges 4. Bicycle crunches 5. Step ups (use the bottom step of your stairs) <p>Repeat the circuit 3 times!</p>	<p>Exercise Diary</p> <p>Keep a log of your exercise for the week. You could print the Exercise Diary saved on this post or create your own.</p> <p>Children aged 6-17 years should do 60 minutes (1 hour) of exercise every day. This doesn't all have to be done at once, and remember that things like playing in the garden count towards it too!</p>