Health and Wellbeing

Fitness

The London marathon was cancelled this year. A marathon is a long distance run which covers 26.2 miles (42.195 kilometres).

We cannot run a marathon but we can take part in other fitness activities – a **fitathon**.

Below are some ideas to keep you fit and healthy, at home. Either outside or inside.

Every pupil can take part.....so can brothers, sisters and anyone else at home.

Activities -

- warm up stretches
- star jumps
- run, jump and balance
- make shapes with your body
- run on the spot
- hop on one foot and then the other
- skip – with or without a skipping rope
- bounce a ball/scrunched up paper on a bat
- throw a ball/scrunched up paper into a bin/box from a distance
- play keepie-up with a football - outside
- dribble a ball
- have a go with a hula hoop – or do the twist (dance)
- walk and talk
- add your own activity
- keep a balloon up in the air
- punch the air and keep your feet moving
- lie down and relax for five minutes
- Have FUN during the **fitathon!**

You do not have to do all the activities. Choose one or two to start with.

RULES

- Each activity has to be allocated a time.
- You can choose to count up to 26, 13 or 6 and then change activity.

or

- You can count 26,13 or 6 of each exercise that you choose and then change activity.
- Someone can help to do the counting for you.

Hope you have fun trying our **fitathon!**

Keep the sheet. You might want to do the activities again!