

# Activity Diary



Stay active  
at home with  
the Active  
Schools Team

To maintain a basic level of health, children and young people aged 5 to 18 need to do...

AT LEAST

60

MINUTES OF PHYSICAL ACTIVITY  
EVERY DAY!

Activity

Time

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday


Encourage kids to



South Ayrshire Active Schools

@ActiveSchoolsSA

@ActiveSchoolsSA

Active Schools South Ayrshire

# Weekly Planner

sportscotland  
**activeschools**  
SOUTH AYRSHIRE

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**PE with Joe Wicks**

**9am**

**20 minutes**

 **The Body Coach TV**



Being active for at least 60 minutes a day is linked to:



**Skills Session with Active Schools**

**2pm**

**20-30 minutes**

 **@ActiveSchoolsSA**



- Improved coordination
- Stronger muscles & bones
- Improved physical fitness
- Healthy weight
- Improved sleep
- Improved concentration
- Improved mood
- Increased energy levels

**Family Walk, Run or Cycle\***

**Evening**

**20-30 minutes**



\*You can go for a walk or exercise outdoors if you stay more than 2 metres from others outside your household.

Encourage kids to



**RUN**



**WALK**



**PLAY**



**CYCLE**

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## ATHLETICS

### Frog Jumps

### Tuck Jumps

#### Practice

- Start down in a leap frog position
- Jump up using the power in you legs
- Jump straight up and then back down
- Land where you started
- Now try jumping forwards

#### Practice

- Start by standing straight
- Jump up and bring your knees to your chest
- Land with your feet shoulder width apart

#### Challenge

- Now try to do 10 frog jumps:
- How far did you travel?
- How high did you jump?
- Can you jump higher or faster than someone in your family?



#### Challenge

- Now try to do 10 tuck jumps:
- How fast can you jump?
- How high did you jump?
- How many jumps can you do in 30 seconds?



Encourage kids to



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**WALK**



**PLAY**



**CYCLE**



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## ATHLETICS

### Step Ups

### Shuttle Runs

Try this in  
the garden

#### Practice

Using your stairs or a step outside  
With both feet one at a time step up  
Making sure that your full foot is on the step  
Now try to repeat

#### Practice

Collect some cans or bottles  
Set them in a line with a space between  
Start by running to each of the bottles

#### Challenge

Now try to do 10 in a row:  
How fast can you do them?  
Can you do them faster than a family member?  
How many step ups can you do in 30 seconds?



#### Challenge

Create your own course  
How fast can you run?  
Try and race a family member  
Ask a family member to shout out objects in for you to run to



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**CYCLE**



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## ATHLETICS

### Star Jumps

Try this in  
the garden

### Hop, Skip, Jump

#### Practice

Starting by standing straight up  
Then jump stretching out your arms  
and legs like a BIG star  
Once done now repeat

#### Practice

Start off with a hop as far as you can  
Now as if you were skipping just do 1  
of these!  
Now put both feet together  
Jump as far as you can and land

#### Challenge

Now try to do 10 in a row:  
How fast can you do them?  
Can you do them faster than a family  
member?  
How many star jumps can you do in  
30 seconds?

#### Challenge

How far can you jump?  
Can you jump further than a family  
member  
Create your own sequence including  
hops, skips and jumps



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**WALK**



**PLAY**



**CYCLE**



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## ATHLETICS

### Hurdles

### Javelin Throw

Collect a large empty bottle, football sock or create your own javelin from card

#### Practice

#### Practice

Find some boxes, plant pots or a stack of books which you can jump over

Arrange these in a straight line

Practice jumping over each of the objects in a row

Hold the javelin above your head  
Pull the javelin back towards your shoulder

Throw as far as you can towards your target

#### Challenge

Now try to do 10 in a row:

How fast can you do them?

Can you do them faster than a family member?

How many step ups can you do in 30 seconds?



#### Challenge

How far can you throw your javelin?

Try and beat a family member

Use target to throw your javelin towards



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**ATHLETICS**

Try this in  
the garden

Using items and obstacles from around your house and garden create an obstacle course! Add in challenges or exercises to include 10 obstacles.

**Obstacle Course**



Encourage kids to

**RUN**

**WALK**

**PLAY**

**CYCLE**