

# Activity Cards

At Home

sportscotland  
activeschools  
SOUTH AYRSHIRE

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!

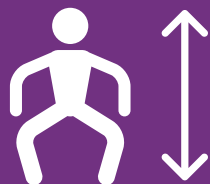


FITNESS

Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.

Be creative using household items if you don't have Fitness equipment

# Activities



Squat



High Knees



Push Up



Mountain  
Climber



Sprint



Star Jump



Lunge



Hop



Skipping



Plank



Toe Taps



Wall Sit

# Circuits

**Circuit training involves completing a range of exercises targeting different muscles with short rest periods in between. Circuits can help build strength, endurance and stamina. This is a fun way to work on your fitness and you have flexibility with how long you train for.**

**Example: Five stations of 1-minute each repeated for four circuits adds up to a 20-minute workout**

1

**Push-up**

2

**Lunge**

3

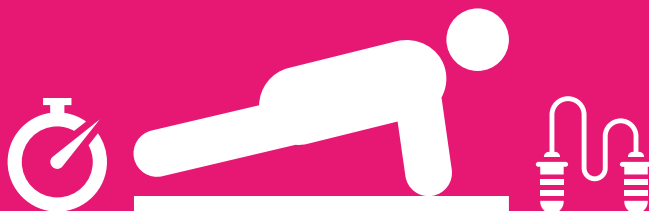
**Burpee**

4

**Mountain  
climbers**

5

**Sprint**



# Name Game



*Spell out your full name and complete exercises for each letter. Try adding your own exercises for each letter.*

**A** 10 Star Jumps  
**B** 20 Second Sprint  
**C** 10 Mountain Climbers  
**D** 1 Burpee  
**E** 5 Squats  
**F** 5 Push-Ups  
**G** 20 High Knees  
**H** 10 Second Wall Sit  
**I** 10 Right Arm Circles  
**J** 10 Right Foot Hops  
**K** 10 Left Arm Circles  
**L** 10 Left Foot Hops  
**M** 5 Tuck Jumps

**N** 10 Air Punches  
**O** 20 Second Bear Crawl  
**P** 10 Tuck Jumps  
**Q** 1 Inchworm  
**R** 5 Sit-Ups  
**S** 20 Second Side Plank  
**T** 10 Calf Raises  
**U** 10 Second Crab Walk  
**V** 5 Squat Jumps  
**W** 10 Right Foot Hops  
**X** 10 Toe Taps  
**Y** 10 Left Leg Lunges  
**Z** 10 Right Leg Lunges

# HIIT

**High Intensity Interval Training (HIIT) involves short burst of intense exercise with rest. HIIT is a great way to exercise at home or outdoors.**

**Example:  
10 exercises  
lasting 50 seconds  
with 10 seconds  
rest between each  
exercise and  
repeated twice=  
20-minute workout**

- 1. Skipping**
- 2. High knees**
- 3. Plank**
- 4. Bicep curl\***
- 5. Squats**
- 6. Lunges**
- 7. Wall sit**
- 8. Star jumps**
- 9. Step-ups**
- 10. Sprint**

**\*using resistance band**



# Flexibility

*To improve flexibility exercises from Pilates can be practised. Pilates is for people of all ages so encourage your family to take part.*

**Try each exercise for 30 seconds**



**Use an exercise mat if you have one**

# Fitness Monopoly



<b>START HERE</b>	20 Star Jumps	15 Skips	10 Arm Circles	15 High Knees
<b>FINISH</b>	A stylized illustration of a person in a purple silhouette performing a sit-up. Two dice are shown floating above the person's head, one slightly to the left and one to the right.			10 Squats
20 Sit Ups				30 Second Plank
10 Lunges	30 Second Sprint	10 Tuck Jumps	10 High Knees	2 Burpees

Our resources are available weekly to download from the Active Schools website. Each week we will focus on a new activity/sport. All resources are designed to provide ideas to support you and your family to remain active at home.

If you would like anymore information or support to stay active at home please visit:

[activeschoolssa.co.uk](https://activeschoolssa.co.uk)

or contact us on

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