

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

South Ayrshire Active Schools

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Activity Card



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

ATHLETICS

Frog Jumps

Tuck Jumps

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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



RUN



WALK



PLAY



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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



Encourage kids to



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WALK



PLAY



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Activity Card

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

ATHLETICS

Star Jumps

Practice

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

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?



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Try this in
the garden

Hop, Skip, Jump

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

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



Encourage kids to



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PLAY



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

ATHLETICS

Hurdles

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

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?



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

Javelin Throw

Practice

Hold the javelin above your head
Pull the javelin back towards your shoulder
Throw as far as you can towards your target

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

Obstacle Course

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



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RUN

WALK

PLAY

CYCLE