**Keep on Keeping Healthy Exercise Log** 

Over this week we would like you to try and complete as many Healthy activities as you can and keep a log of these below.

Have fun and we look forward to seeing what you have been getting up to.

1 activity a day is a bronze medal, 2 activities is a silver medal, 3 activities is a gold medal!

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_ Class:\_\_\_\_\_\_\_\_\_ Team\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  |
| **Put what you completed in here** |  |  |  |  |  |
| Colour or write in your medal | Olympic Medal Coloring Page Printable | Olympic medals, Olympics |  |  |  |  |

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| --- |
|  **‘Keep on Keeping Healthy’ Activity Grid****Please make sure you are being careful when completing any of these activities and that you are supervised by an adult.** |
| **SMOOTHIE MAKER**Can you make up your own smoothie and share with your family as a healthy start to the day?C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\AYD0BVVW\Blueberry-Banana-Smoothie[1].jpgWhat ingredients will you put in?  | **STAMINA**Can you cycle, walk, jog, run or scoot for;P1 – 3: 15 minutes without stopping?C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\CU119CXT\running-character[1].pngP4 – 5: 20 minutesP6 – 7: 25+ minutesHow far did you go?Who completed it with you? | C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\AYD0BVVW\Bucket-PNG-HD[1].png**ASSAULT COURSE**Can you design your own assault course?What different things will you include?How long did it take you to complete?Who else can you get to complete it? | **VIDEO MAKER**Can you create your own;**C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P4W2TT83\pattern[1].jpg**Just DanceJoe WicksCosmic YogaWhat actions will you put in?  |
| **DANCE**Can you play a game of musical statues with others in your house?Who stayed still the best?C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\AYD0BVVW\musicnote[1].jpg | **MINDFULNESS**C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\CU119CXT\mindfulness[1].jpgComplete a Cosmic Kids yoga session, here’s some to choose from;FROZEN:<https://youtu.be/xlg052EKMtk>TROLLS:<https://youtu.be/U9Q6FKF12Qs> TWILIGHT THE UNICORN OF DREAMS:<https://youtu.be/RLOOOjGAM1s>  | C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P2HQ2QN0\skill[1].jpg**BE THE TEACHER**What is your skill?Can you teach someone in your family/house your skill?For example; Sporting skill, karate, dance move, Yoga pose | **NATURE WALK**Can you take a walk with your family and play eye spy?**C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P2HQ2QN0\simple-leaf[1].png**How many different things did you spy along the way?How many animals?Plants?Water ways? |
| **SPELLING FITNESS CHALLENGE**Spell your name and complete the challenges;**A – 10 Jumping Jacks N – 4 Lunges****B – 30 Second plank O – 3 Burpees****C – Crab walk 5 metres P – 10 second Rocket jumps****D – 10 press ups Q – Run on the spot 1 min****E – 10 sit ups R – 7 Jumping Jacks****F – 5 Cartwheels/egg rolls S – 4 leg kicks****G – Headstand/Balance T – 5 sit ups****H – 4 rolls of your choice (be careful) U – 15 second plank****I – 10 Toe touches V – 3 cartwheels/egg rolls****J – 5 tuck jumps W – Arabesque/Starship balance****K – 5 press ups X – 2 rolls of your choice (be careful)****L – 3 spins Y – 5 lunges****M – 10 leg kicks Z – 8 Jumping Jacks**  | **Eat a Rainbow** Can you try a new vegetable for lunch or dinnerORC:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P4W2TT83\South-Africa-indigenous-fruit-and-vegetables2[1].jpgCan you eat 3 different colours of vegetables with your lunch or dinner? | **DAILY CHALLENGES**Go to our Daily PE Challenges on Twitter@WLPENetworkHow many challenges can you do?What did you score?C:\Users\sally.bell\AppData\Local\Microsoft\Windows\INetCache\IE\P2HQ2QN0\the-challenge[1].pngCan you challenge someone in your house to complete them too? |
| **CREATIVE LEADERS**What activities can you think of? Can you make up an activity or a game to share with other boys and girls? |

**Please make sure you share with us what you are doing either by uploading on Teams**

**Other Useful Websites:**

**Joe Wicks Daily PE Workout**

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvQafyve889qVcPxYEjdSTl>

**Cosmic Kids Yoga**

<https://www.youtube.com/user/CosmicKidsYoga>

**Just Dance**

<https://www.youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg>

**Kidz Bop**

<https://www.youtube.com/user/KidzBopKids/videos>

**Oti Mabuse & Marius Lepure Online Dance Class**

<https://www.youtube.com/user/mosetsanagape/videos>

**Zumba Kids on Go Noodle**

<https://app.gonoodle.com/channels/zumba-kids>

**Dance with Maximo on Go Noodle**

<https://app.gonoodle.com/channels/maximo>

**Mindfulness on Go Noodle**

<https://app.gonoodle.com/channels/flow>

**Super Movers**

<https://www.bbc.co.uk/teach/supermovers>

**Jumpstart Jonny**

<https://www.jumpstartjonny.co.uk/home>