

Active Homework

- Jumping Jacks
- Arm circles
- Push ups
- Squats
- Plank
- Mountain climbers
- Burpees
- High knees
- Wall press-ups
- Running on the spot
- Ride your bike/flicker/scooter
- Lunges
- Dance to a song on the radio
- Run 2 laps of your house
- Bear crawls
- Squat hold against a wall (invisible seat)
- Crab walk
- Practise throwing a ball into an empty box/bin at home
- Kick a ball with your left/right foot
- Musical sprints; run around and freeze when it stops
- Throw and catch a ball against the wall
- Tag with family members
- Joe Wicks workouts:
https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpz_oEk5onAEbq40g2-k
- 10 minute workouts. Suitable for older classes:
<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>