



# GET YOUR



**Week 9**

**Complete 30 minutes of physical activity everyday!**

**Flip the coin.** 45 sec per activity

HEADS	TAILS
Star Jumps	High Knees
Pushups	Squats
Plank	Sit Ups
Lunges	Pushups
Burpees	Star Jumps
Squats	Plank

**Fitness Workout**

1 minute of star jumps  
1 minute of sit ups  
1 minute of squats  
1 minute of sprints  
1 minute of step ups  
30 seconds rest between each activity  
*Complete three rounds*

Complete the **skipping pyramid**

15 sec on/ 15 sec off  
30 sec on/ 30 sec off  
45 sec on/ 45 sec off  
1 min on/ 1 min off  
45 sec on/ 45 sec off  
30 sec on/ 30 sec off  
15 sec on/ 15 sec off

Complete two rounds

**Shoot some hoops.** If you don't have a hoop make a target. How many goals can you do in a row? Start close and take a step back each time you get a goal. Can you increase your distance as the week goes on?

Bowl some balls at a **cricket stump/rubbish bin/chair**. Practice your **striking skills** if you don't have a bat or racquet use a rolling pin or be creative! Get someone to throw the ball high and practice your **fielding**.

Using a **tennis racquet (or frying pan) & tennis ball** (or pair of socks) how many times can you hit the ball (or socks) up in the air without it touching the ground?

Kick a **ball** with a family member. See how many kicks you can do before it hits the ground. Kick for goal or at a target. Remember to try both left & right foot kicking

Go for a **bike ride, scoot or skate** with a member of your family



Complete the **ABC Scavenger Hunt** – more info on next page



Practice your bowling skills. Bowl some balls at a **cricket stump/rubbish bin/chair**. For tips check out this [link](#)

Complete a 15 minute **boxing circuit** at home lesson via the [link](#)

Complete the **Spell Your Name Workout** – more info on next page

Complete this **chair yoga** session via this [link](#)

Dribble with a **basketball**, Try with dominant hand then non dominant hand. Bounce between legs. Dribble around a partner or chair

Complete a **PE with Joe** workout <https://safeshare.tv/x/ss5f5037d00691e#>

Keep a **balloon** off the ground with your hands/ feet/ any part of your body  
Hit with a partner, how many hits can you do together?

# SPELL YOUR NAME WORKOUT

**SPELL OUT YOUR NAME AND DO THE MOVEMENT ALONG SIDE THE LETTERS**

WHEN YOU ARE DONE WITH YOUR NAME DO OTHER NAMES IN YOUR FAMILY OR  
YOUR FAVORITE SPORTS STAR!

**A** HOP LIKE A FROG 8  
TIMES

**H** JUMP UP + DOWN  
10 TIMES

**O** LAUGH REALLY HARD

**U** SPIN IN A CIRCLE  
5 TIMES

**B** 15 STEPS FORWARDS | 16 SIDWAYS STEPS

**P** 25 ARM CIRCLES

**V** HOP ON 1 FOOT 6  
TIMES

**C** RIGHT FOOT BALANCE  
10 SECONDS

**J** CRAB WALK 30  
SECONDS

**Q** GALLOP LIKE A  
HORSE FOR 1  
MINUTE

**W** RUN AROUND THE  
ROOM 2 TIMES

**D** MARCH FOR 1  
MINUTE

**K** FLAP YOUR ARMS  
LIKE A BIRD 25 TIMES

**R** DO 5 PUSHUPS

**X** DANCE FOR 20  
SECONDS

**E** WALK ON TIPPY TOES  
FOR 10 SECONDS

**L** BEND AND TOUCH  
TOES 12 TIMES

**S** LEFT FOOT  
BALANCE 10  
SECONDS

**Y** 12 STAR JUMPS

**F** 14 HIGH KNEES

**M** WALL SIT FOR 20  
SECONDS

**T** SQUAT 7 TIMES

**Z** TEN BUTT KICKS

**G** ARMY CRAWL FOR  
20 SECONDS

**N** WALK BACKWARDS  
20 STEPS



# ABC SCAVENGER HUNT

FIND SOMETHING THAT STARTS WITH  
THE LETTER **A** AND DO 5 STAR JUMPS

SKIP TO A DIFFERENT ROOM TO FIND  
SOMETHING THAT STARTS WITH **B**

JOG TO A DIFFERENT ROOM TO FIND  
SOMETHING THAT STARTS WITH **C**

HOP TO THE DRIVEWAY AND FIND  
SOMETHING THAT STARTS WITH **D**

LEAP TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **E**

JUMP TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **F**

GALLOP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **G**

WALK TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **H**

CRAWL TO THE KITCHEN AND FIND  
SOMETHING THAT STARTS WITH **I**

RUN TO THE LETTER BOX AND FIND  
SOMETHING THAT STARTS WITH **J**

SKIP TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **K**

JOG TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **L**

WALK BACKWARDS TO THE KITCHEN AND  
FIND SOMETHING THAT STARTS WITH **M**

SKIP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **N**

LEAP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **O**

WALK TO THE BACKYARD AND FIND  
SOMETHING THAT STARTS WITH **P**

RUN TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **Q**

HOP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **R**

JUMP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **S**

GALLOP TO THE DRIVEWAY AND FIND  
SOMETHING THAT STARTS WITH **T**

WALK BACKWARDS TO THE FRONT DOOR  
AND FIND SOMETHING THAT STARTS WITH **U**

SKIP TO THE KITCHEN AND FIND  
SOMETHING THAT STARTS WITH **V**

LEAP TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **W**

RUN TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **X**

WALK TO YOUR BEDROOM AND FIND  
SOMETHING THAT STARTS WITH **Y**

CRAWL TO ANOTHER ROOM AND FIND  
SOMETHING THAT STARTS WITH **Z**