



'Keep Active' virtual club

Week 1

Walk, run or cycle!

1. Decide on a short route near your home
2. Draw a simple map of the route
3. Each day after school with a family member walk, run or cycle the route (10 minutes is plenty)
4. Time how long it takes and record your time each day...can you get quicker each time?

Week 2

HIT Workout!

1. Have a look at PE with Joe <https://www.youtube.com/user/thebodycoach1>
2. Design a High intensity workout with at least 6 moves
3. Write the moves down in the order you will do them
4. Do your workout!
5. Why not get someone to join in?

Week 3

Obstacle Course!

1. Choose a space and look for items you can use to make obstacles
2. Draw a simple plan of the course and list the equipment
3. Build the course and test it out
4. Time how long it takes to complete the course, can you do it any quicker?

Week 4

Yoga and Mindfulness!

1. Find out about yoga positions - look at this video from Cosmic Kids <https://www.youtube.com/watch?v=ho9uttOzdOQ>
2. Wearing comfy clothes, have a go at each position eg the dog, the dancer, the crow and the eagle. Write a list of all the positions you tried

Week 5

Dance Crazy!

1. Choose your favourite piece of music
2. Make up a 1-minute dance routine to go with the music.
3. Make sure you have a variety of different moves
3. Rehearse your routine
4. Perform for members of your household and take a photo or record it.

Week 6

Action races!

1. Think up 6 different ways of moving eg. bunny hops, bear crawls, balancing something on a spoon or your head!
2. Write these on paper and place them face down
3. Get ready to race to the end of the room/garden
3. Pick a random move and...race (against someone or the clock!)
4. Time how long it takes to complete all 6 moves

Congratulations on taking part in this club!

Don't forget to keep evidence of all your work – this might be the work itself or a photo of it.



Collect extra Children's University credits each half term by completing this challenge. Each activity should take approximately 1 hour and is worth 1 credit



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Walk, run or cycle!



1. Decide on a short route near your home
2. Draw a simple map of the route
3. Each day after school with a family member, walk run or cycle the route (10 minutes is plenty)
4. Time how long it takes and record your time each day...can you get quicker each time?





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Week 2



High Intensity Training Workout!

1. Have a look at PE with Joe <https://www.youtube.com/user/thebodycoach1>
2. Design a high intensity workout with at least 6 moves
3. Write the moves down in the order you will do them
4. Do your workout! (Put some motivating music on if you like!)
5. Why not get someone to join in?





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Week 3

Obstacle Course!



1. Choose a space and look for items you can use to make obstacles
2. Draw a simple plan of the course and list the equipment
3. Build the obstacle course and test it out
4. Time how long it takes to complete the course...can you do it any quicker?





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Week 4

Yoga and Mindfulness!

1. Do some research on the different yoga positions
2. Look at this video from Cosmic kids to help <https://www.youtube.com/watch?v=ho9uttOZd0Q>
3. Wearing comfy clothes, have a go at each position – eg the dog, the dancer, the crow, the eagle, the cobra (there are lots more!)
4. Write a list of all the positions you tried





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Week 5

Dance Crazy!



1. Choose your favourite piece of music
2. Make up a 1-minute dance routine to go with the music
3. Make sure you have a variety of different moves
4. Rehearse your routine
5. Perform it for members of your household and take a photo or record it!





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Week 6

Action Races!



1. Think up 6 different ways of moving – eg. Bunny hops, bear crawls, walking whilst balancing something on a spoon or your head
2. Write these on to paper and place them face down
3. Get ready to race to the end of the room/garden
4. Pick a random move and.....race (against someone or the clock!)
5. Time how long it takes to complete all 6 moves

