

# Physical Activity Ideas:



During this uncertain period it is also important to take a break from work e.g. read a book, listen to music, whatever you enjoy. It is also very important to stay active whilst also adhering to the 2km restriction- there are lots of different ideas available at the moment so choose whatever you enjoy. Please find a few ideas below. Remember a short workout is better than no workout at all!

\*Remember to always:

1. Warm up + Stretch before a workout
2. Cool down + Stretch after a workout

## 1. The Body Coach: PE with Joe-

Live Monday- Friday @ 9am

Watch back any time

<https://www.youtube.com/user/thebodycoach1>



## 2. Irish Life Health:

- a. Videos of home workouts
- b. Couch to 3km programme-

\* **With the new 2km restriction**

**follow the same programme, just vary the distance to 2km- Please adhere to these restrictions.**

<https://www.irishlifehealth.ie/fitnesschallenge/stay-active>



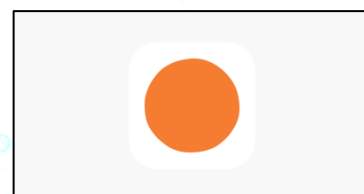
### **3. SworkIT App:**

\*This is a free App to download, however you will need an email address to register- so please seek parental consent before doing so.



\*Adult workouts on this App require a subscription, however if you select the **“Sworkit Kid Workouts”**- these are free!

\*On this App you select what type of workout you want to do and the duration – they count you down and also give instructions on how to complete each exercise!



### **4. Headspace App:**

\*This is a free App to download, however you will need an email address to register- so please seek parental consent before doing so.

\*This App includes meditation and mindfulness lessons, sleeping aids and physical activity.

\*There are a lot of basics on this App that are free, similar to most Apps there is a subscription available to upgrade to all content.

### **5. Circuit Exercises:**

\*I have attached 11 Task cards below- all of these exercises require little/ no equipment- be creative e.g. tricep dips & step ups= use a bench!

→ This is where you can be creative and design your own workouts!

e.g. 30 seconds on, 30 seconds rest- vary between exercises for 20 minutes.

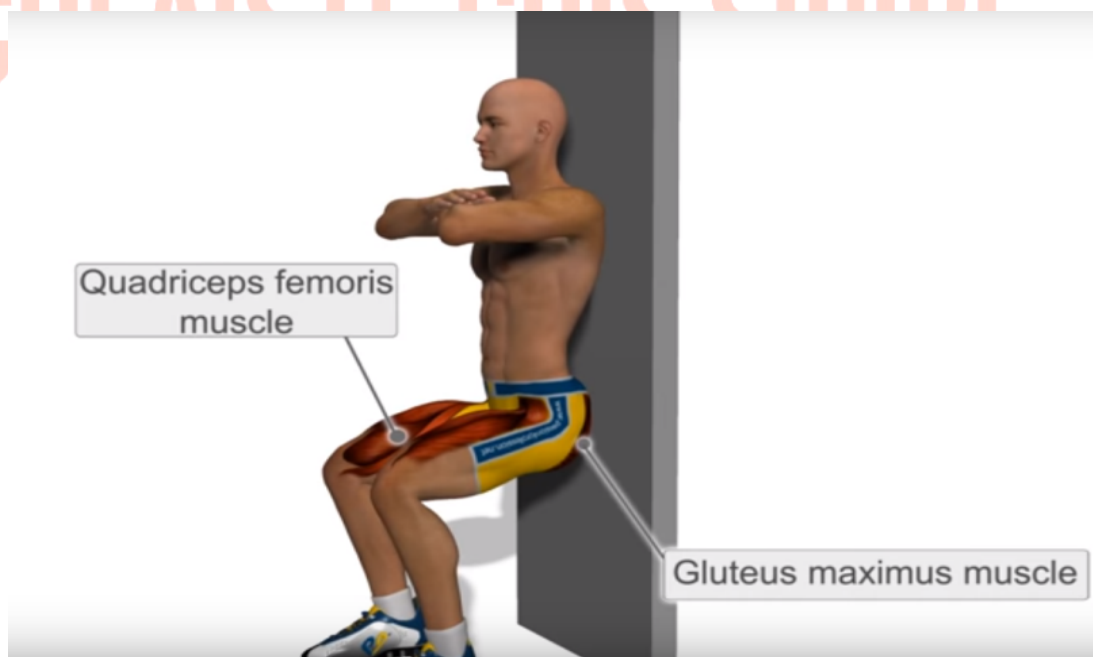
***Don't forget to warm up + stretch and to cool down + stretch!***

# Wall Sit:

## ANATOMY OF A PERFECT WALL SIT



### Muscles used:



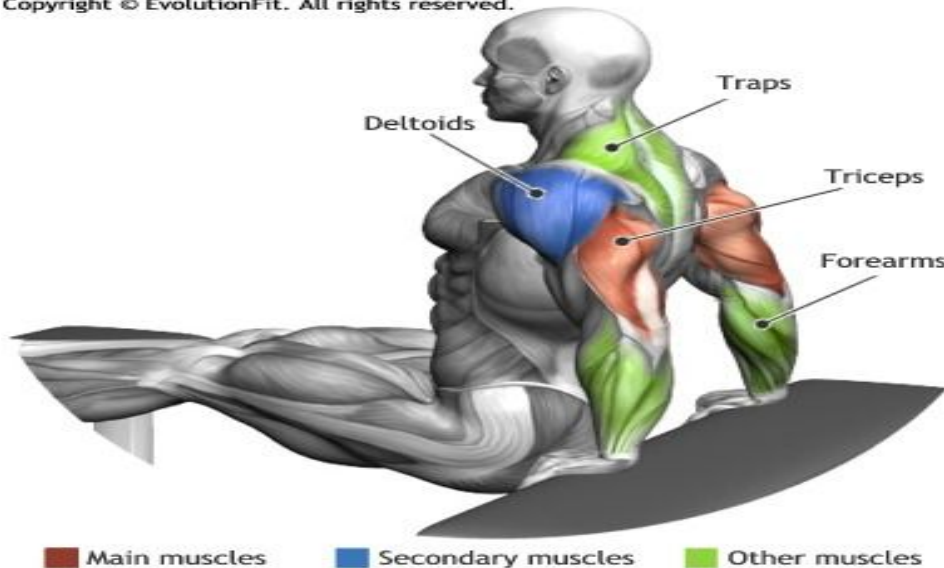
# Tricep Dips:

## ANATOMY OF A PERFECT Triceps Bench Dip



### Muscles used:

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# Step Ups:

KEEP  
STEPPING UP  
AND DOWN  
UNTIL THE  
WHISLE  
BLOWS



## Muscles used:

*Step-Up*

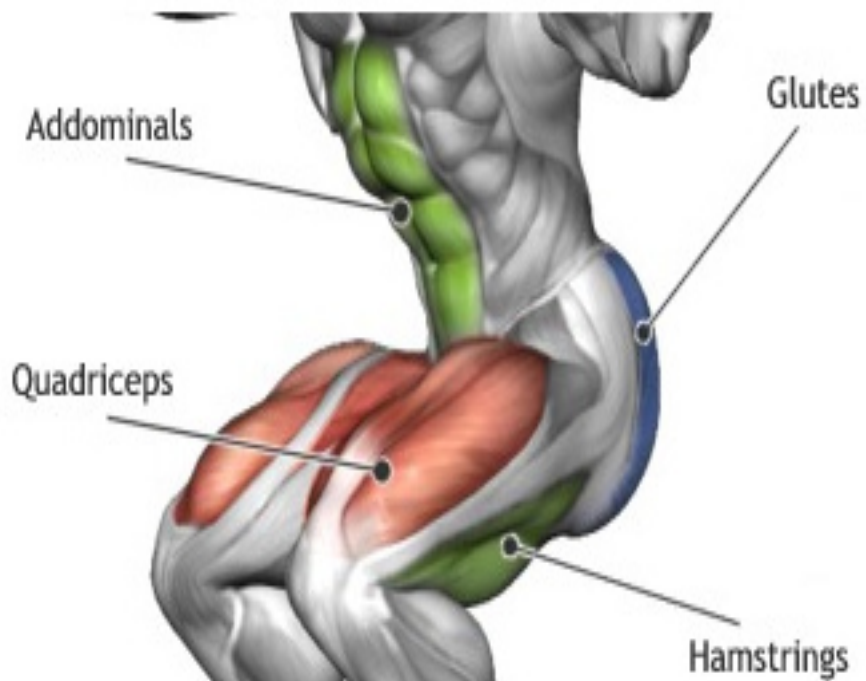


# Squats:



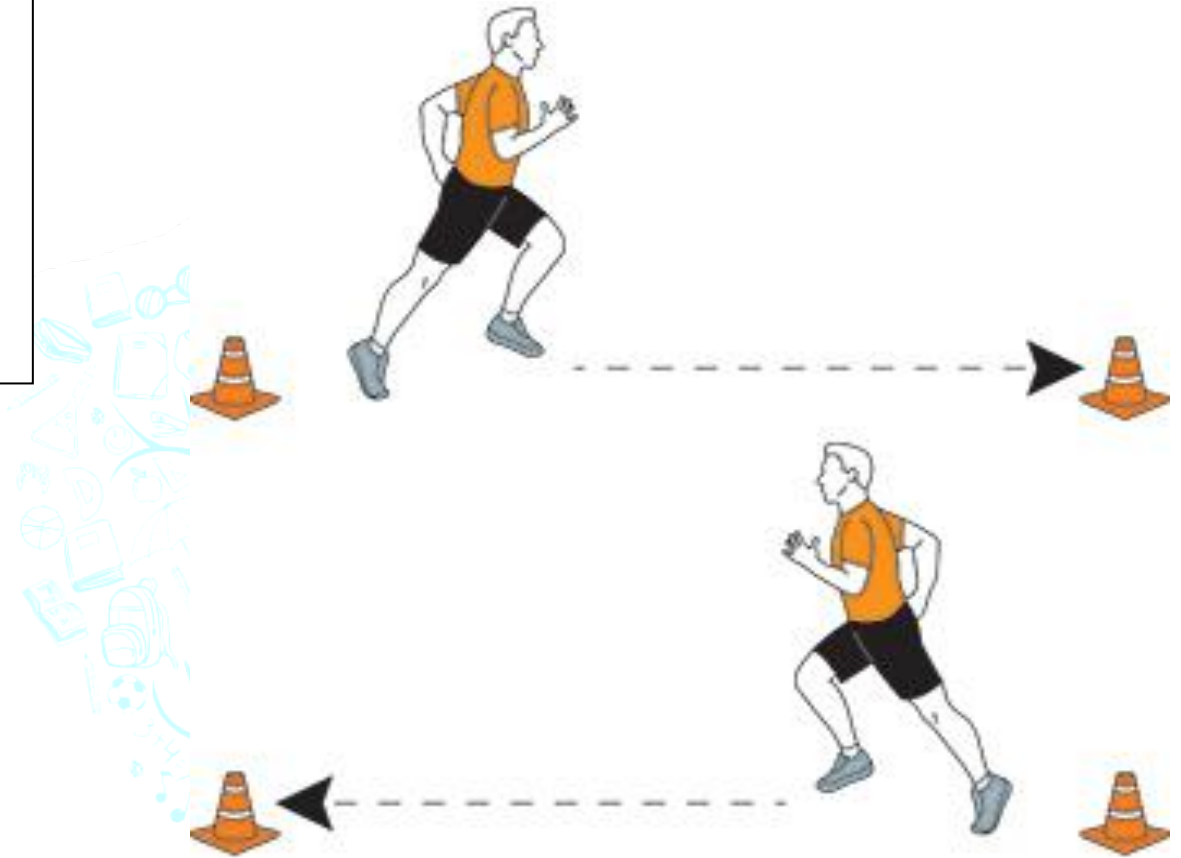
## Muscles used:

C



# Shuttle Runs:

KEEP GOING  
IN AND OUT  
UNTIL THE  
WHISTLE  
BLOWS



## Muscles used:

Key Muscles Used in Running...



Calves



Hamstrings



Quads



Glutes

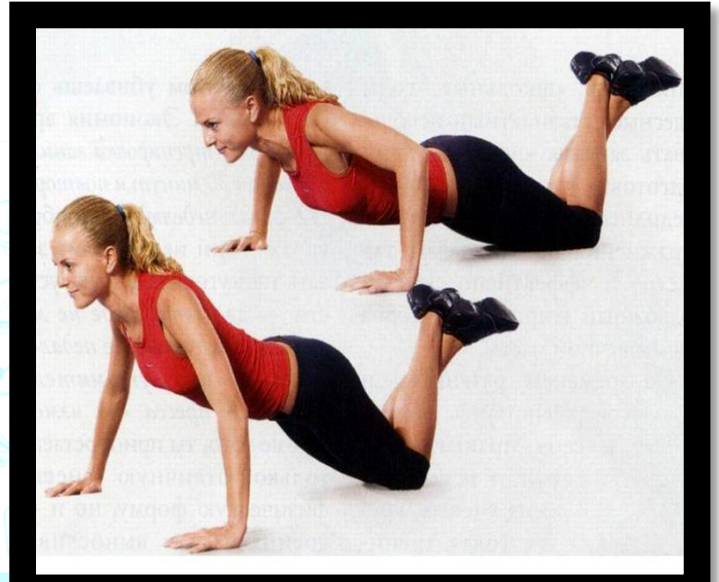
# Push Ups



START WITH ARMS SHOULDER WIDTH APART AND REST YOUR FEET FLEXED ON THE FLOOR.

BEND YOUR ELBOWS UNTIL YOUR ARMS GET A 90 DEGREE ANGLE AND PUSH BACK UP

KEEP YOUR ELBOWS TUCKED INTO YOUR BODY AS YOU MOVE UP AND DOWN



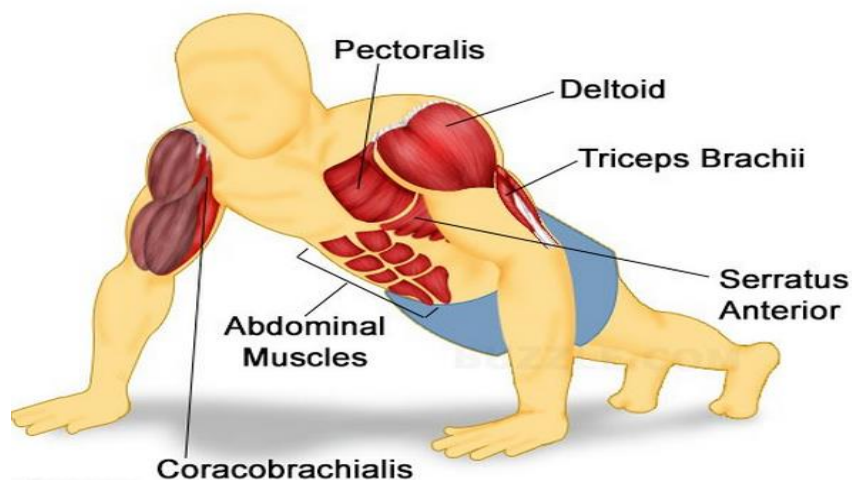
START WITH ARMS SHOULDER WIDTH APART AND REST YOUR KNEES ON THE FLOOR- FEET IN THE AIR AND ANKLES CROSSED

BEND YOUR ELBOWS UNTIL YOUR ARMS GET A 90 DEGREE ANGLE AND PUSH BACK UP

KEEP YOUR ELBOWS TUCKED INTO YOUR BODY AS YOU MOVE UP AND DOWN

## Muscles used:

Muscles Targeted By Push-ups





# Plank/ Planking Pass

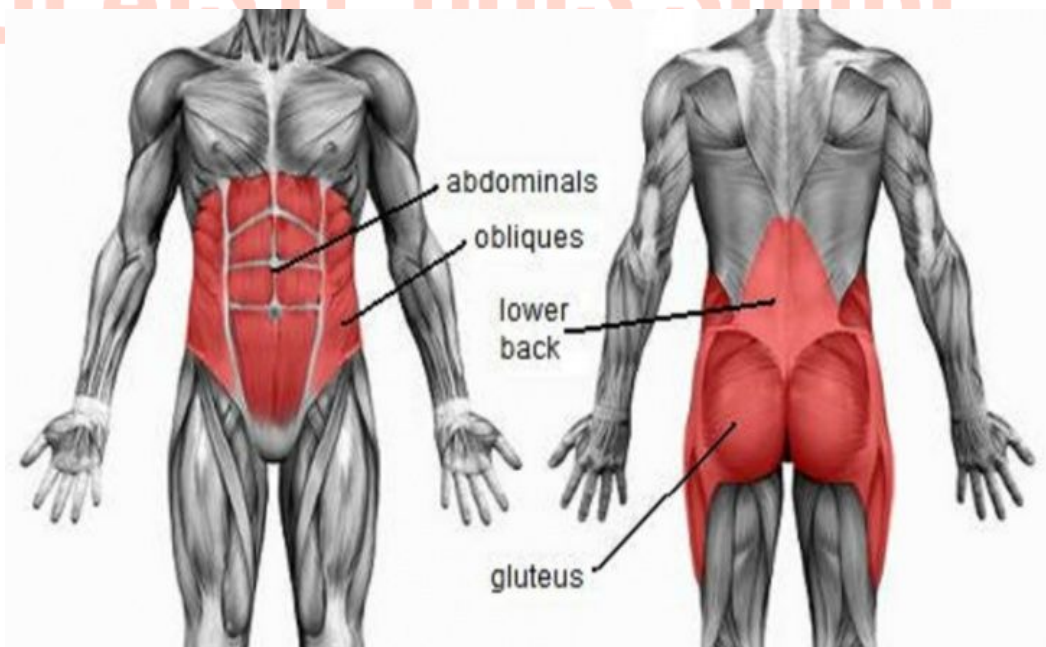


## **\*Planking Pass:**

Get a partner (s) and a ball.

Now roll the ball back and forth whilst maintaining the plank position

## Muscles used:

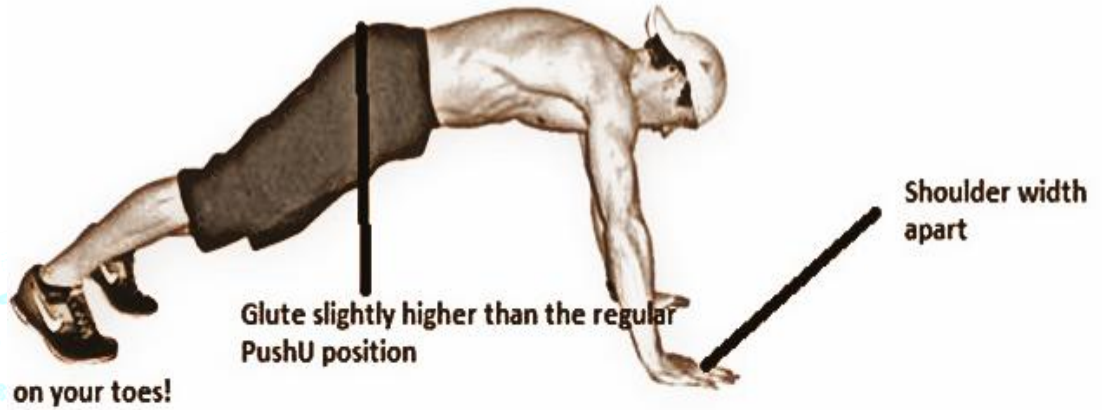


# Mountain Climbers:

Begin raising your right knee to your right arm quickly.

Now left knee to left arm quickly.

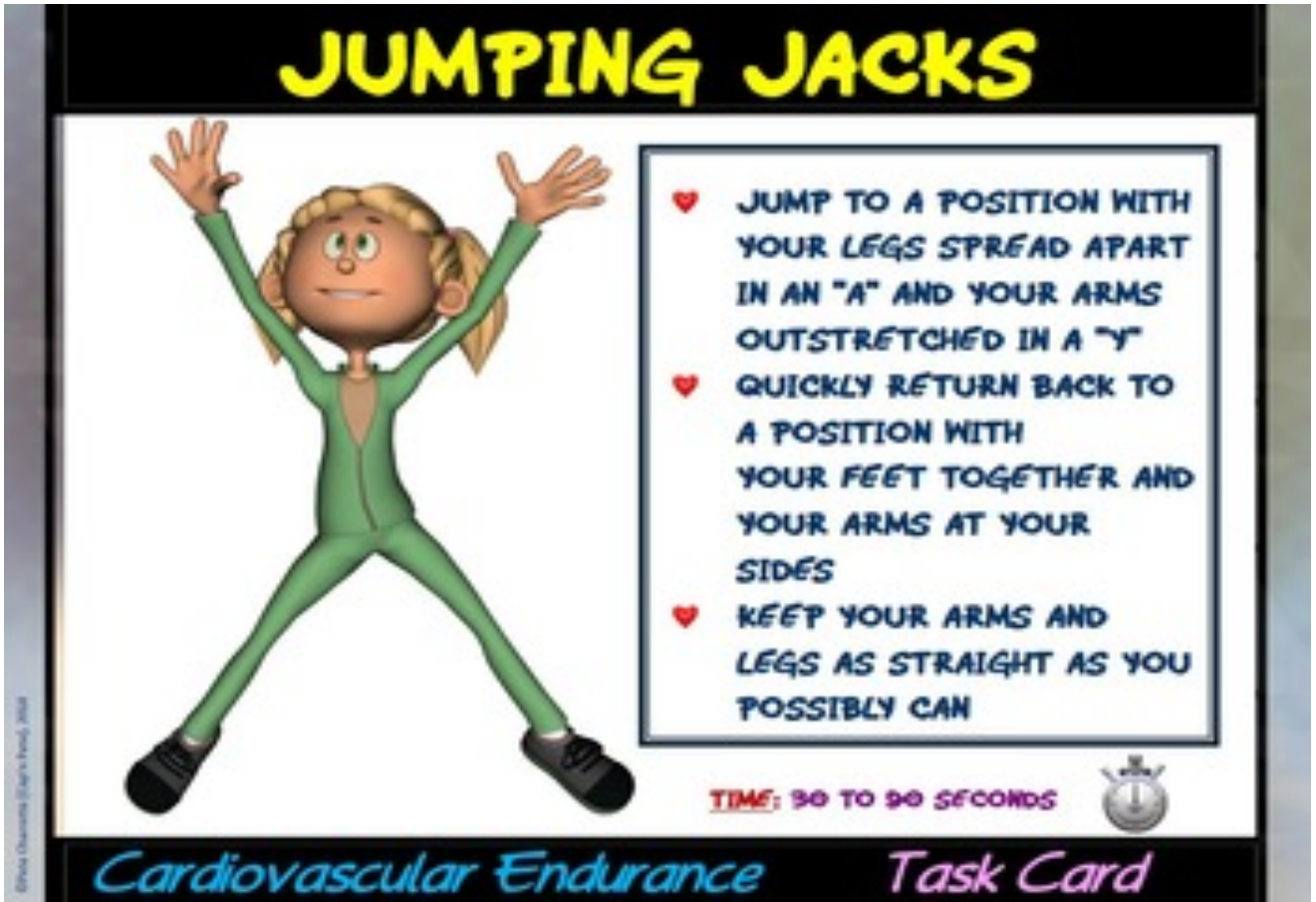
Now right, now left, now right, now left!! Quick!



## Muscles used:



# Jumping Jacks:



**JUMPING JACKS**

**♥ JUMP TO A POSITION WITH YOUR LEGS SPREAD APART IN AN "A" AND YOUR ARMS OUTSTRETCHED IN A "Y"**

**♥ QUICKLY RETURN BACK TO A POSITION WITH YOUR FEET TOGETHER AND YOUR ARMS AT YOUR SIDES**

**♥ KEEP YOUR ARMS AND LEGS AS STRAIGHT AS YOU POSSIBLY CAN**

**TIME: 30 TO 90 SECONDS**

*Cardiovascular Endurance* *Task Card*

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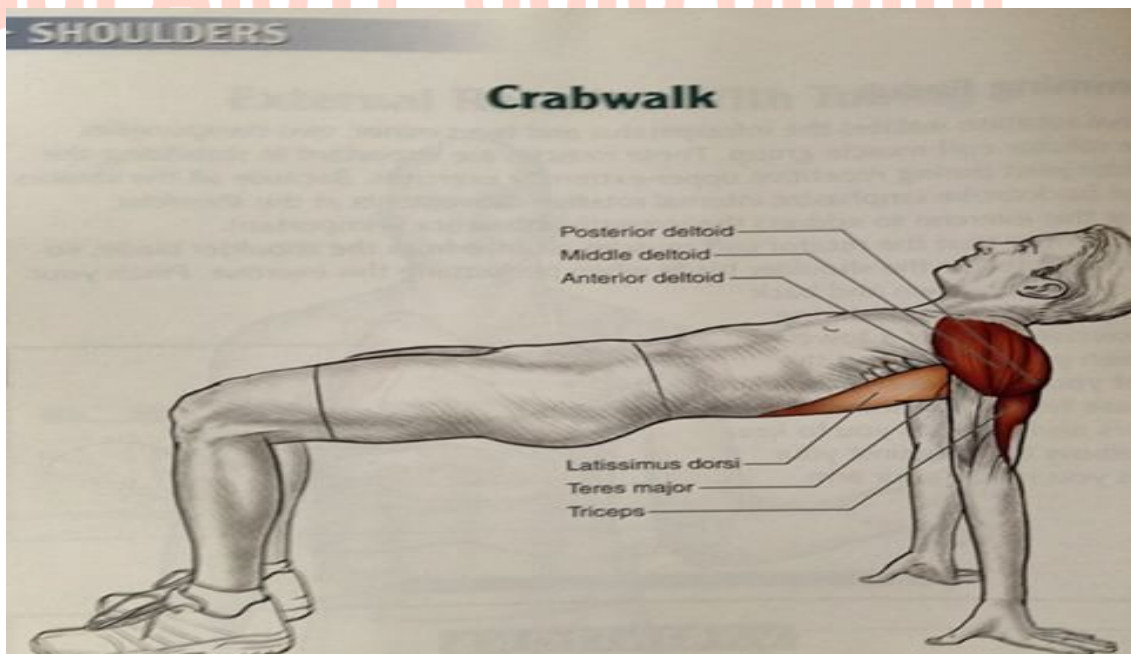
## Muscles used:



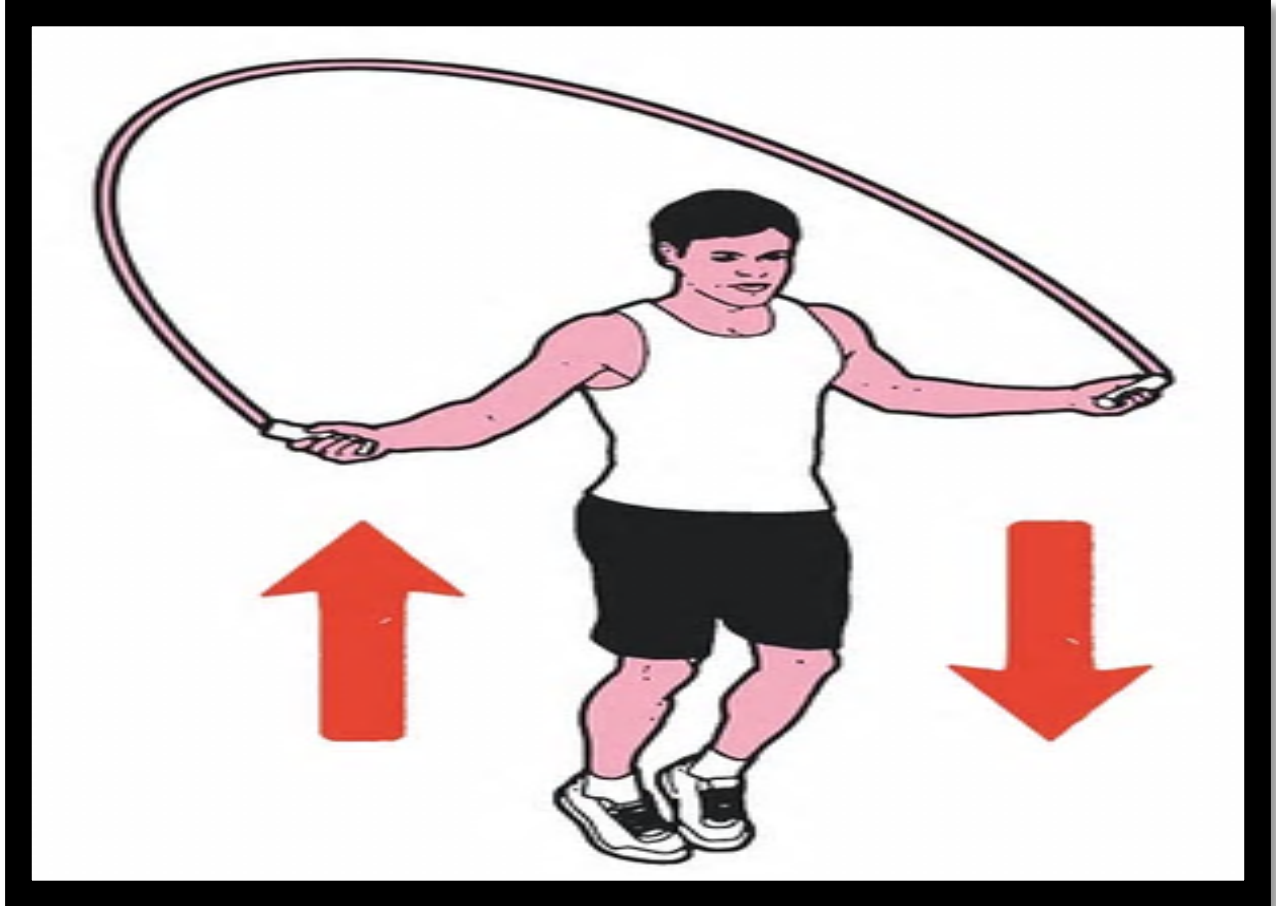
# CRAB WALKS:



## Muscles used:



# Skipping:



## Muscles used:

COLÁISTE COLS SUÍDE

