

PARENTS / CARERS

- **The definition of 'Be Active':** Being physically active in a way that works for you and that you enjoy
- **Background:** Physical activity is not only good for our physical health, it's good for our mental health too. Exercise makes us feel good and even the smallest amount can make a positive difference. Being active outside in green space is also good for us and can help reduce stress levels. If there is the opportunity to do this safely, then try. However, it's important to ensure that you and your family stick to the social / physical distancing rules in place. If it's not possible to get outside, open a window to let in fresh air and natural light. You could also try finding some images of green space online and look at them before, after, or even whilst you're exercising. Not quite a walk in the countryside, but it can have a positive impact in terms of reducing stress

PRE-ACTIVITY

- Everyone involved should discuss why regular exercise is good for our health
- Encourage the children to think about this in terms of both the body and mind
- Everyone should make a list of the exercises they enjoy doing on their own, and with other people



ACTIVITY

- Using the Alphabet exercise sheet (please see page 3) everyone should complete the exercises that spell out the family's surname. For example: Ashton:
- | | |
|----------|------------------------------|
| A | 10 press ups |
| S | 5 squat jumps |
| H | 10 sit ups |
| T | 15 burpees |
| O | 45 second plank |
| N | 5 squat lunges
(each leg) |
- How many times can you complete this circuit?
 - Can you use other names in your family?
(For example, the first and / or middle name of each person)

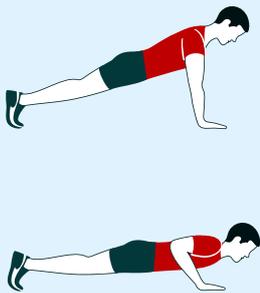
LESSON CONTINUES ON NEXT PAGE

REFLECTION TASK

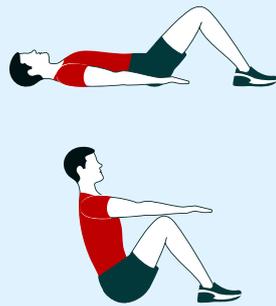
- Have a chat about what parts of the challenge people enjoyed, and what parts they didn't(!)
Try to use humour when discussing this
- Think about how exercising impacts on how we feel. Remind the children to think about this in terms of their mind and body (For example, do they feel happier than before they started? | Do they feel proud of themselves?)
- Make a list of the different physical activities that can be enjoyed with the current social / physical distancing rules in place and consider how these could be brought into our lives on a regular basis
- Start a new weekly planner and include some of the ideas from this session



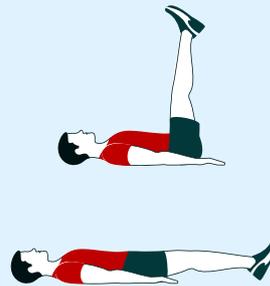
PRESS UPS



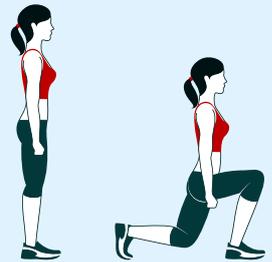
SIT UPS



LEG RAISES



SQUAT LUNGES



PLANK



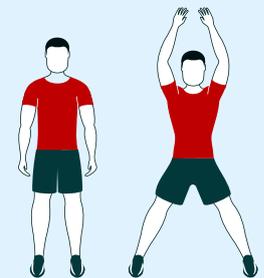
BURPEES



SQUAT JUMPS



STAR JUMPS



A 10 press ups

B 10 squat jumps

C 5 burpees

D 10 star jumps

E 10 lunges

F 30 second plank

G 10 leg raises

H 10 sit ups

I 5 press ups

J 15 squat jumps

K 10 burpees

L 15 star jumps

M 20 star jumps

N 5 lunges (each leg)

O 45 second plank

P 15 leg raises

Q 30 sit ups

R 15 press ups

S 5 squat jumps

T 15 burpees

U 15 sit ups

V 10 star jumps

W 1 minute plank

X 5 lunges

Y 20 sit ups

Z 5 leg raises

	Monday	Tuesday	Wednesday	Thursday	Friday
Connect					
Be Active					
Take Notice					
Keep Learning					
Give					

REFERENCES

New Economics Foundation (2008). Five ways to mental wellbeing. Government Office for Science. Available at: <https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

The Children's Society (2014). Ways to wellbeing: Research report. Available at: <https://www.childrensociety.org.uk/sites/default/files/Ways%20to%20well-being%20report%20FINAL.pdf>

World Health Organisation (2018). Mental health: strengthening our response. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

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