

Secondary Edition Lockdown 3.0



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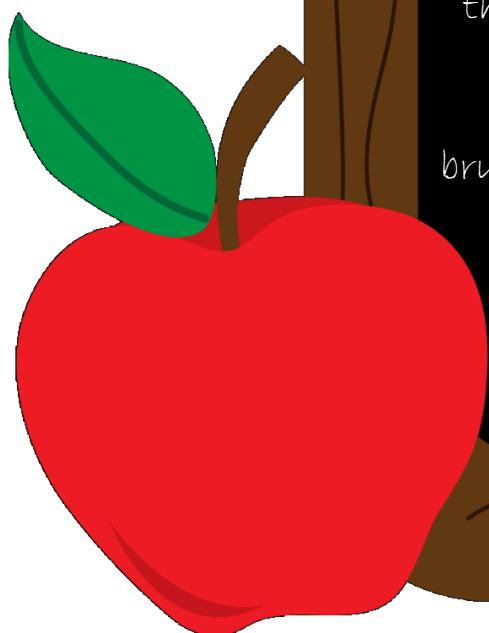
Secondary Age Home Activity Ideas

Introduction A-Z Activities

In this booklet, you will find a variety of fun activities that you can do at home, inside or out, and using very little equipment.

The activities can be adapted by age and skill levels. You can use your imagination to adapt the games to make them easier or harder or to use different rules or equipment.

Use rolled up socks instead of balls, brush handles for lines, pillows for targets or a book instead of a racket.



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A message from your School Games team

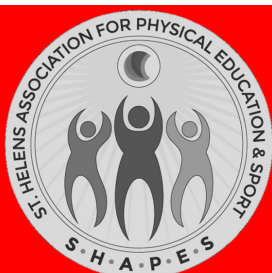
We know that lockdown and all associated with it can be difficult for children and young people especially in the winter. Therefore, it is more important than ever to keep yourselves active and have fun!

We have produced this A-Z guide of activities that you can do at home to keep you active and working towards your 60 active minutes each day so that you are ready to return to action as soon as you are allowed.

We would love to see how you are getting on, so don't forget to share your pictures and videos with us on our social media channels (twitter - @StHelensSG or facebook - St Helens School Games).

Keep yourselves safe and active and we will see you again soon!

Danny, Becki & Dani



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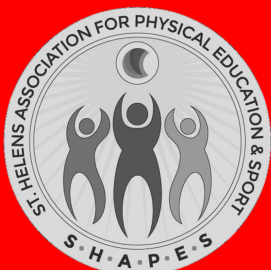
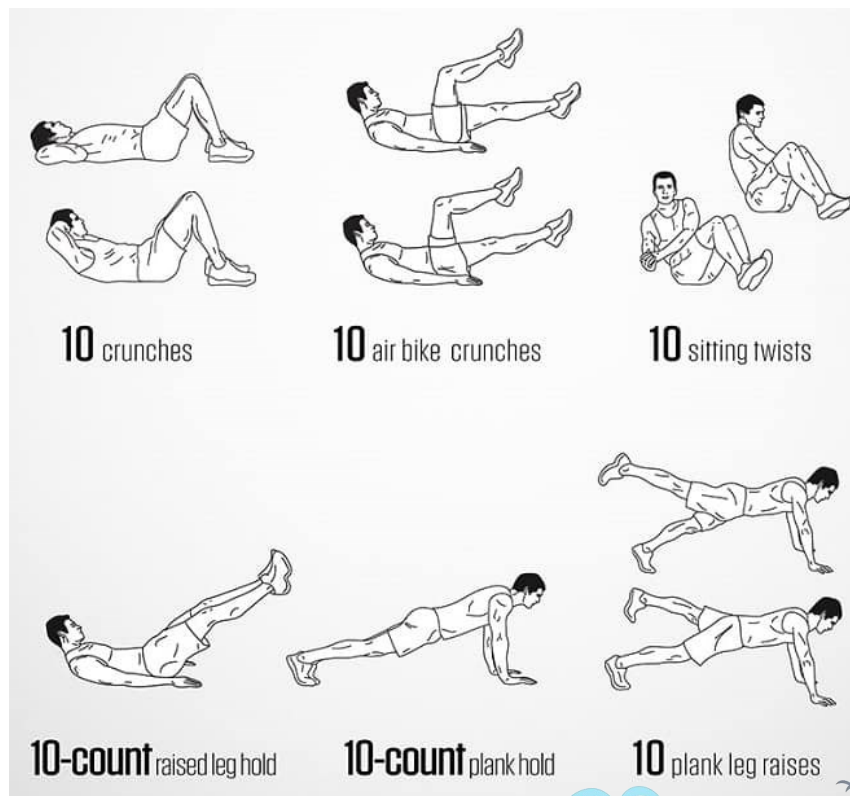


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Ab variations

Lets start with a bang! Complete the circuit before to work your abdominal muscles. You have 10 minutes to see how many times you can complete the circuit.



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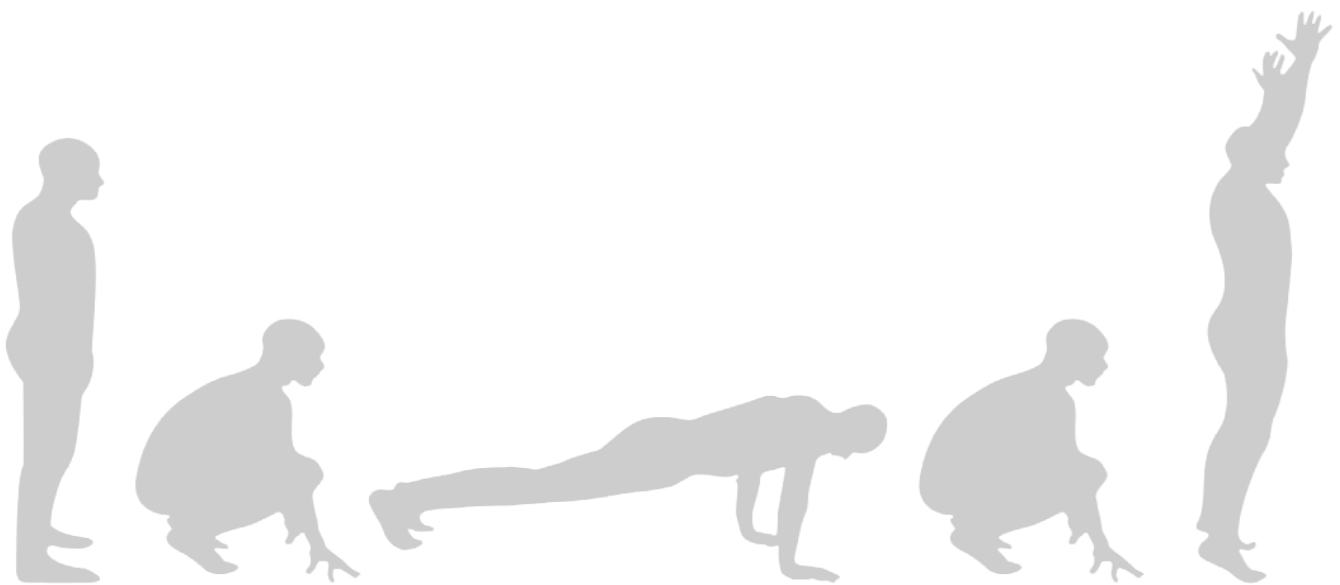


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Burpees

How good are your burpees?
Challenge yourself to complete 10 FULL burpees in
one minute. If this is too easy, take 10 seconds off
the clock and see what your fastest time can be!



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Catch & Clap



You will need a ball (or ball of socks)! Throw the ball up into the air and whilst it is in the air, clap!

Try to add an extra clap each time you throw the ball before catching it.

How many claps/catches can you do in a minute? How many claps can you get up to before dropping the ball?

Can you do this as a pair so that you throw the ball and your partner claps and then swap, or can you use two balls?

Can you do this by kicking the ball?



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Dice Roll

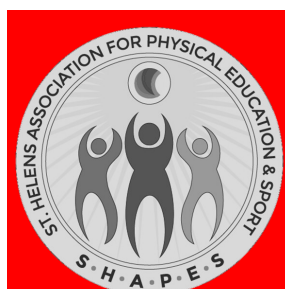


You will need a dice, a piece of paper and a pen. Write down **SIX** different exercises on your paper and number them 1-6.

Roll your dice to determine which exercise you complete first, the number you roll should match one of your exercises.

Then roll the dice again to find the number of times you must complete this exercise!

Why not design a workout for someone else in your household?



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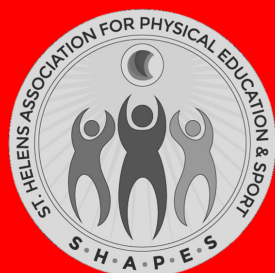
Everest Climb



See how many flights of stairs you can climb in one day.

Complete your climb all at once, spread it out over the whole day or choose when you want to complete it.

Climbing from the bottom of the stairs to the top is one flight, climbing back down doesn't count, only up.



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You will need a table and a large coin (either 2p or 50p would be best).

One player stands or kneels at the end of the table and has 5 flicks of the coin to get it to overhang the end of the table.



If your coin falls off, it's a handover and the other player has their 5 flicks (or less if required).

If the coin stops over the edge, you then have to move to the other end of the table and flick up the coin and catch it for it to be a try.

If you drop it it's a knock on and the play turns over.

If you successfully score a try you get 4 points!



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Get Up Challenge

All you need for this challenge is a bottle top.

Lie down on your back and place the bottle top on your forehead.

Now you have to get stand up without the bottle top falling off your head.

Once you have stood back up you have to lie back down. This counts as one get up!

See how many you can do before the bottle top falls off your head.

Remember you can't use your hands at all!



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Set your timer for 30 seconds.

How many high knees can you do in this time?

You can either step into them, lifting one knee and then the other or you can do a slight jump into them lifting your knees as high as you can!

Once you have completed it, change the time and see how many you can complete?

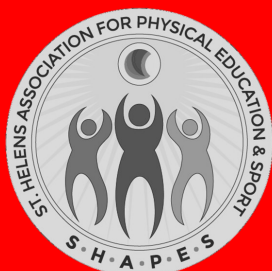


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Isolated Movements

The emphasis is on just using one specific muscle, not a group of muscles. For this activity we would like you try the Nordic Curl. This works your hamstrings. For this you will need a partner to hold your feet. Keeping your hands out in front of you see how low you can go down to the floor before you have to use your hands. If you don't have a mat, you can kneel on a cushion. What other isolated movements can you try?



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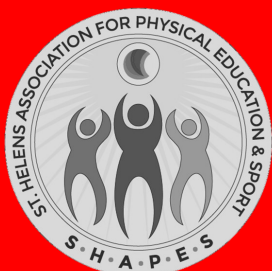
Jump Squats

How many jump squats can you complete in 30 seconds?

Complete your squat and as you reach the base of your squat, press your feet down and explode off the floor and jump as high as you can. Land with your knees bent and then drop back into your squat and repeat.

Set a timer, or ask somebody to count for you.

Can you challenge somebody else to beat your score?



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Keepy Ups



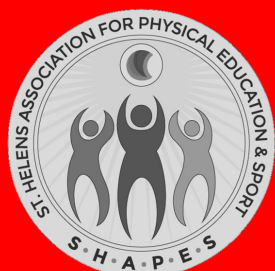
The toilet roll challenge is back!

How many keepy ups can you do with a toilet roll?

If you struggle just using your feet, try using your hands as well.

You could also try one kick and catch and keep count that way.

Keep track of your personal best so you know if you are improving!



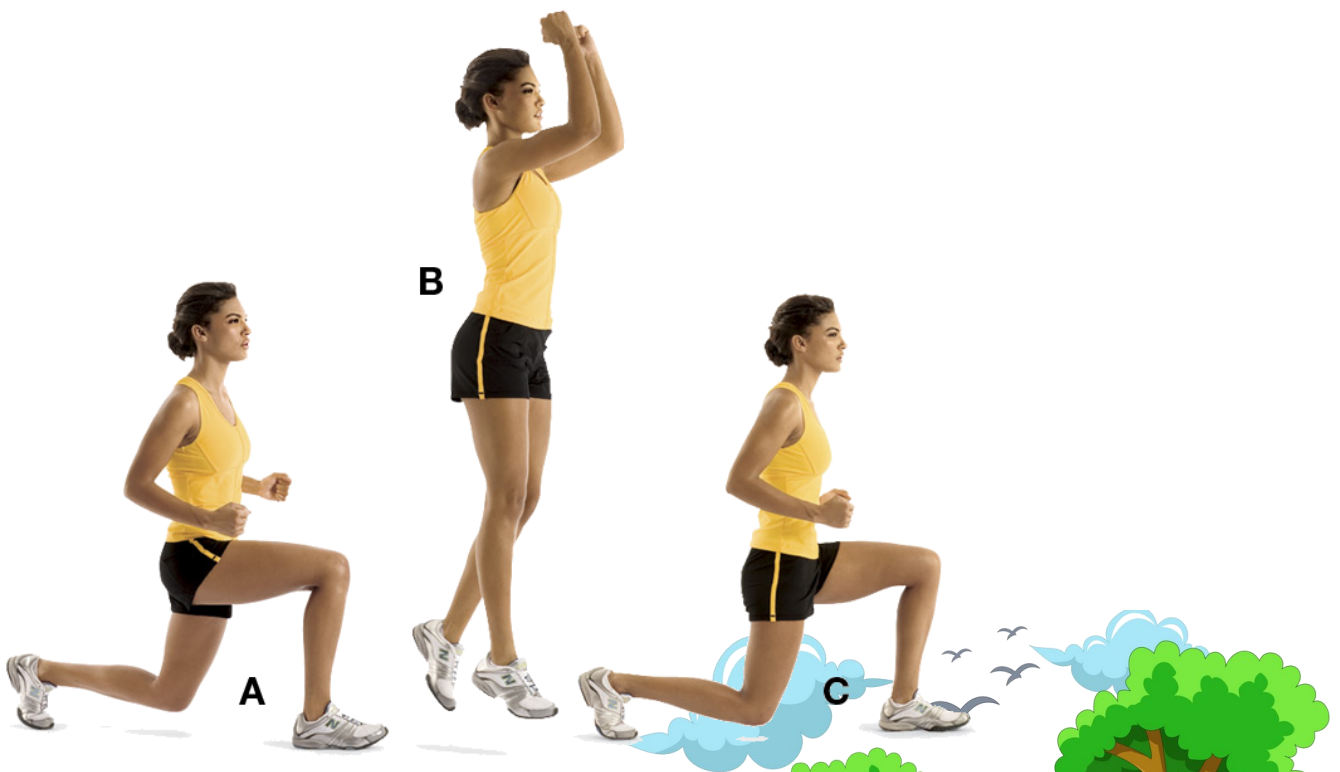
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Lunge Jumps

This exercise is a real leg burner. You have one minute to see how many lunge jumps you can do. To complete a lunge jump, start in the lunge position then jump and swap your legs. Pace yourself so you last the full minute.



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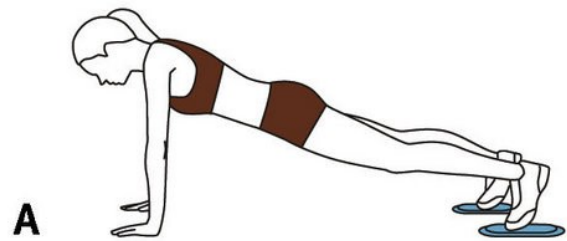


Mountain Climbers

How many mountain climbers can you do in 30 seconds?

Use a timer or ask somebody to help and time you, get yourself ready in a press up position and see how many mountain climbers you can complete in the set time by bringing alternate knees to your elbow?

Can you challenge somebody in your house to beat your score? Or even try to beat yourself next time!



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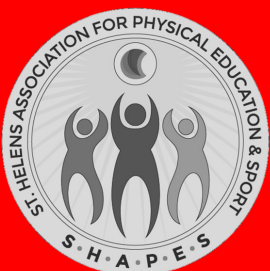




Never Give Up



Today's a day were you try to better yourself. Choose one activity that you have already done and try and beat your best score. Beat one? Why not try another one. Its difficult to beat a person who never gives up!



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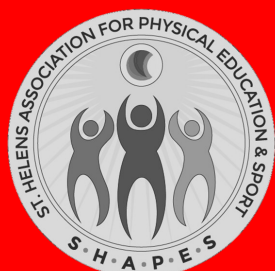
Obstacle Course



Using items you have around the house, set yourself up an obstacle course! Make it as hard or as easy as you like.

Now the tricky part ... either you or someone else in your household needs to be blindfolded.

Those that aren't blindfolded you have to help the person who is, by giving them directions and instructions to make it to the end.





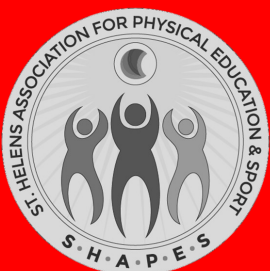
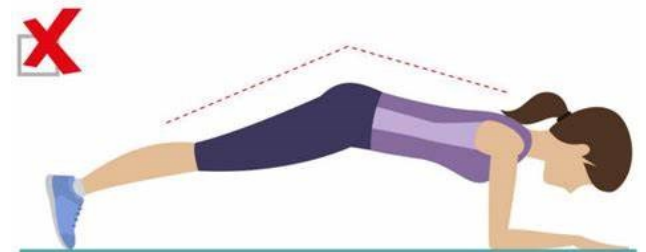
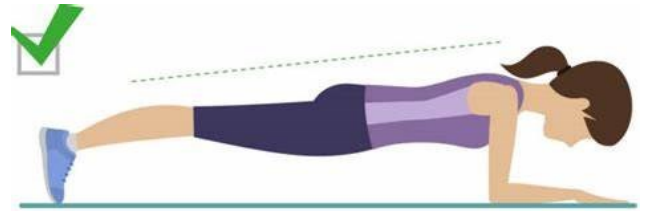
Plank

It's time to test your abdominal muscles!

Plank is a great way to make your core muscles stronger.

As you can see in the picture, you need to be in a straight line. No bottoms in the air or sinking down to the ground!!

Test yourself and see how long you can hold plank for. Make sure you record your time and try and beat it next time!



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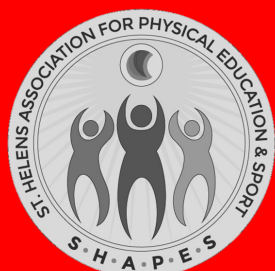


Quick Feet

Get ready to get your feet moving as quick as you can!

Set yourself some different stations or challenges where you need your feet to move fast!

For example, make your own ladders and try to keep your feet moving in and out of the ladder! Another way is by setting out cones or other household items and using your fast feet to navigate around them! Moving forwards and backwards too, as well as side to side!



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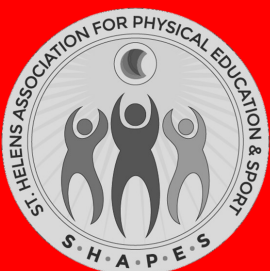
Run

Head out with someone from your household and try jogging. This can be a combination of running and walking. Try walking for 1 minute jogging for 30 seconds. Equally if you don't have a watch you could jog to a lamp post and walk to the next.



Running with someone else is a great way to get into it as you can motivate each other to keep going.

Remember start small and easy and work your way up to longer runs. You will be surprised how quick you can progress.

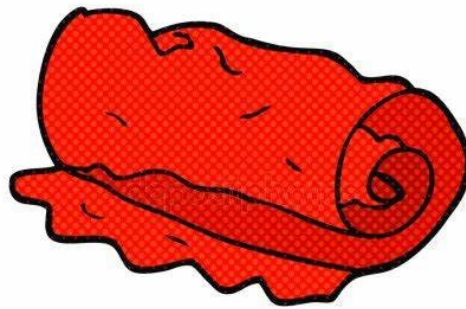


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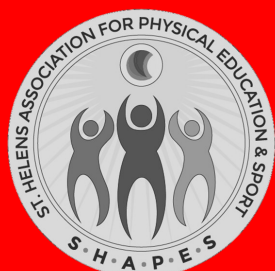
Speed Bounce



Roll up a towel and place it on the floor. Make sure you have room around the rolled up towel to jump on both sides. Set a timer for one minute and see how many speed bounces you can do. This is done by jumping with both feet together over the towel and landing with both feet on the floor.

Keep track of your personal best and then you can keep trying to see if you can beat it.

Bored of one minute? Why not try for two minutes.

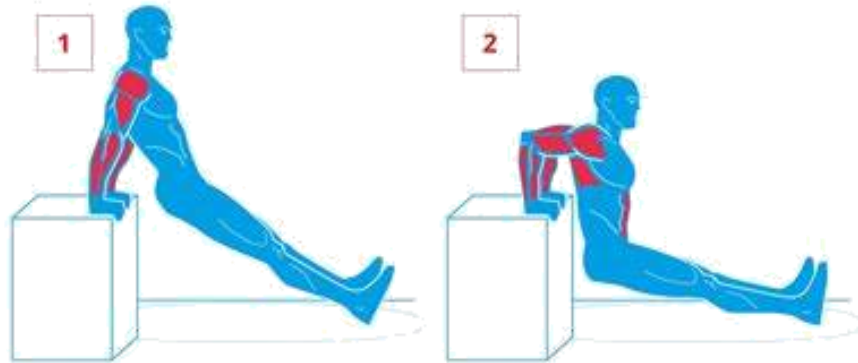




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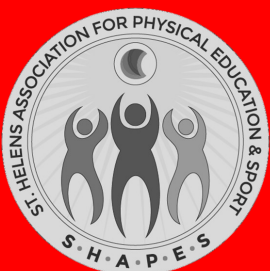
Tricep Dips



TRICEP DIPS

SEEANOBIFITNESS.COM

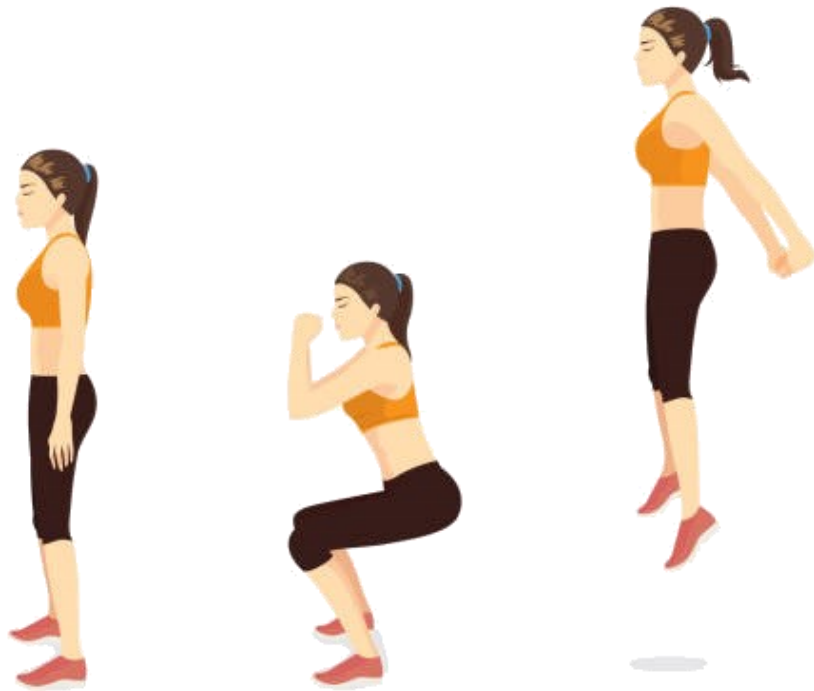
You can use a range of items you will find in your house to help complete your tricep dips such as the bottom of the stairs, a chair or the edge of the sofa. You have one minute to see how many you can do. Make it easier by bending your legs. Make it harder keep your legs straight as shown in the image above.



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Up



How many jump squats can you do in one minute?
Squat down and then jump up, make sure that your feet leave the floor. Beware these are harder than they look make sure you pace yourself so you can last for the full minute.



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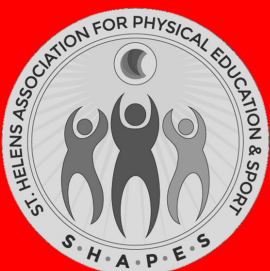
V-Sit hold

V-sit hold is a great way to work your core muscles.

Using the picture as a reference, make your body look like the letter 'V'.

To make it harder, have your arms out to the side and not holding on to your legs!

How long can you hold your V-sit for?



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Wall sit Challenge



A wall sit challenge with a difference.

See how long you can last with your back against the wall. For this challenge, make sure that your legs are parallel to the floor you must place two toilet rolls on your thighs. If they fall off, you must stop the timer. Try a few

times to see if you can beat your best time.

Get your whole household involved see who is the first to crack .



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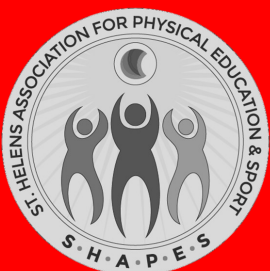


X Country

Now that you have tried running (jogging), why don't you try running on different terrains. See what sort of surfaces you can find in your local area, grass, concrete, soil, up hill or down hill. Are there any difference between the surfaces? Are some harder than others?



You might also notice the next day that different muscles have been used depending if you have run up or down hill, as well as on the different surfaces.



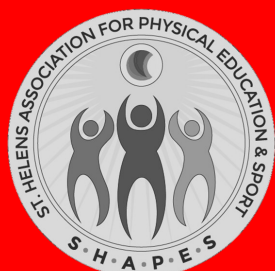
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Why not try something new this Lockdown. Yoga is a great way to bring calm into your life. It helps with flexibility and body control. Below is a video of yoga for children. If you enjoy this one there are plenty more on youtube that you could try. Starting your day with Yoga really is a great way to get yourself in the right frame of mind for the day.

<https://www.youtube.com/watch?v=X655B4ISakg>



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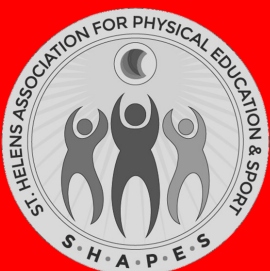




ZZZZZZZZZZ (Sleep)



As well as being active, it is just important that you rest. Sleep is a great way of making sure that your body recovers from the exercise you have been doing. The majority of muscle repair and growth occurs during sleep so without adequate sleep your muscle gain is greatly diminished. So work hard but make sure you rest just as hard.



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