The Chief Medical Officer recommends that young people should be physically active for at least 60 minutes every day. The guidelines also suggest that children and young people should aim to minimise the amount of time spent being sedentary - which is quite difficult during a lockdown! Below are some ideas to help keep you active this week.

Look at the **'Keep Essex Active'** YouTube channel.

There are a wide variety of exercise sessions for the whole family.

Can you challenge yourself to complete one today?



MONDAY

How many of each exercise can you complete in 30 seconds?

**Star Jumps**

**Squats**

**Lunges**

**Burpees**

**Press Ups**

**Sit Ups**

Challenge a family member to a competition.

Think of a reward for the winner!

WEDNESDAY

Can you practise some skills from your favourite sport? You may not have all the equipment but what can you find from around the house that will work?

Look up some online tutorials to help you.



THURSDAY

Complete a Joe Wicks workout on the Body Coach YouTube Channel.



FRIDAY

Create your own game and think about what the rules are going to be

**Or**

Create an obstacle course indoors or in the garden for your household to complete.

Share your ideas on twitter @NWEssexSSP

sunday

Download the TopYa! App and complete a challenge. Compete against other students and represent your school.



<https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/>

SATURDAY

Can you walk, run or cycle for 30-60 minutes?

Walking is such an easy way to get our 60 minutes a day!



tuesday