**Stay Home,** **Stay Active** Did you manage to do at least 60 minutes of physical activity every day last week? If you did – well done 😊 If you didn’t, don’t worry! With school closed at the moment it can be hard to stay as active as we’re meant to be. You may usually walk to school, play at break or lunch time and have PE lessons or do clubs at lunchtimes and after school. It is so important to try and do some physical activity every day for your physical and mental health. It can help to put us in a better mood, make us feel more positive and more motivated. Below are some things to try this week – who can tick off every single one?

35 press ups (you do not have to do them all at once!)

Be active for 60 minutes for at least 3 days this week

20 burpees

Try a sport you have never done before. Look online for a session. It could be cheerleading, martial arts, boccia, volleyball…whatever you like.

Perform 40 sit ups

Write down 3 benefits of exercising for 60 minutes everyday

Make a family member do at least 2 of these activities with you

**Create your own fitness circuit and complete it**

Challenge yourself to an exercise session at www.fitnessblender.com

Perform 60 squats

Perform 30 press ups

Balance in a plank position for as long as you can

Do an online fitness workout

**Put on upbeat songs and dance for 5 minutes**

**Perform 50 star jumps**

Go for a walk, run, or bike ride

One day this week do some physical activity before you start your schoolwork.

Challenge yourself to a session on the ‘Keep Essex Active’ YouTube channel. There are loads of great ones this week!