

Coronavirus and Keeping Active

In light of the fast paced rate of change around coronavirus, we wanted to set out a plan below to support students and parents during the impending school closure and isolation period. We have created a 28 day plan (to include the Easter holidays) to keep everyone active:



Day 1

Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

Day 2

1 minute Plank (twice- am and pm).

Day 3

If possible take a 15 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

Day 4

Upper body: 30 Shoulder Rolls, 30 Downward Dog to Plank, 30 Tricep Dips, 30 T-lifts. Repeat 3 times.

Day 5

5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

Day 6

Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

Day 7

Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.