

## 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 8

If possible take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

### Day 9

Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

### Day 10

Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

### Day 11

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

### Day 12

1 minute Plank (am, lunchtime and pm).

### Day 13

If possible take a 20 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

### Day 14

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