

The Quarantine 14

Here you will find a 14-day activity plan to help you reach your target of 60 active minutes each day. Even if you are self isolating at home.

If you are feeling well & do not have any symptoms of COVID-19 but under current government restrictions, you must stay at home, you should ensure that you are continuing to take part in regular physical activity.

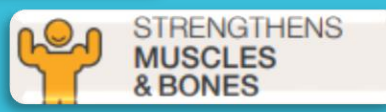
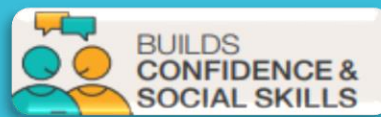
Give these physical activity ideas a try & incorporate them into your daily routine. It's important for your mental health & wellbeing that you maintain a routine & include physical activity as part of that.

The activities can be done inside your home or in a safe outdoor space with little or no equipment. Participate at your own level.

Stay safe,
stay active &
have fun!

Physical Activity benefits

Some positive reasons why



For
KS1 & 2

The Quarantine 14

Turn to the animal kingdom and use your imagination to unleash your inner animal and improve your strength, flexibility & mobility!



The Bear Crawl

- Start on your hands & knees. Lift your knees off the ground a couple of inches
- Travel forwards, backwards & sideways in an open space by crawling like a bear, keeping your back flat, with your knees close to the ground

Challenge

- Balance something on your back whilst on the move e.g. a book
- If you're feeling extra strong, eliminate one leg



The Crab Walk

- Start on your bottom with your hands behind your back & legs bent at the knees
- Lift your bottom off the ground & keep your chest, tummy & thighs in one straight line
- Move forwards, backwards & sideways keeping your bottom up

Challenge

- Balance something on your tummy as you move e.g. soft toy
- Add toe touches. Keeping your bottom off the ground, reach a hand across to the opposite foot, repeat on the other side



The Gorilla Walk

- Start in a squat with your hands between your legs on the ground
- Keep your tummy as parallel to the ground as possible
- Stay in the squat and travel around an open space to build strength & flexibility
- Swing your arms while you travel!

Challenge

- Try & walk like a gorilla for 30 seconds around an open space



Inchworm Plank

- Build strength by walking like an inchworm.
- Start in a standing position, bend forward, lower your hands to the ground and keep your feet still as you walk out to a plank
- From the plank position, keep your hands still as you walk your feet in toward your hands

Challenge

- Repeat this movement pattern 10 times



Alligator Crawl

- Start on your tummy, stay as low to the ground as possible
- Alternative movements. Start by using your right arm and left leg and left arm & right leg to move your body forward
- This will build total body strength

Challenge

- Try & crawl like an alligator for 30 seconds



Frog Jump

- Start in a squat position with your hands on the ground in between your legs
- Jump as high as you can with your hands and feet leaving the ground at the same time
- Land and return to the starting position
- This will build strength and endurance

Challenge

- Try & jump like a frog 20 times



Dinosaur Hunt

- Get ready to hunt for your prey!
- Standing on the spot drive your knees up to your chest alternating your right knee then your left and keep repeating
- Use your arms to encourage your legs to move fast

Challenge

- Try & hunt like a dinosaur for 30 seconds



Aim to complete 3 repetitions of the activity. Give yourself a 1 minute rest between each repetition to catch your breath and have a drink of water.

Depending on how long each activity takes, make sure you complete your daily active minutes by mixing up the different ideas.



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For
KS1 & 2

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Get moving



Get searching



Get your heart rate up!

Have a go at this active scavenger hunt in your home. Base yourself in an open space and on the command “go”, search for each item below & complete the activity. Remember to return the item to where it belongs once you are done!

Find a...

Square-shaped pillow

Place it on the floor & jump with two feet together in a square shape around the pillow. Jump forwards, to the side, backwards then to the opposite side.

Do 10 repetitions of this pattern

Find a...

Rolled up pair of socks

Test your balance and coordination. Throw the rolled up socks in the air with one hand, then catch it with the other.

Do this activity for 1 minute

Add a challenge and balance on one foot whilst throwing

Find a...

Ball or a similar shaped object

Place the ball on the ground. Tap the bottom of your foot on the top of the ball

Do 20 repetitions

Add a challenge and move the ball or object forwards & backwards as you complete the ball taps

Find a...

Toilet paper roll

Place the toilet paper roll in front of you on the ground. From a standing position, bend down (squat position), keeping your weight in your heels & your head up & pick up the toilet paper roll.

Jump half of a circle (180 degree), squat and place the toilet paper back on the ground.

Return to standing and repeat 20 times

Find a...

Book

Hold yourself in a position as if you are just about to sit down on a chair. You can do this against a wall or free standing, if you like a challenge!

Open the book anywhere you like & read that page. Ask an adult for help if needed

Hold the chair pose until the page has been read

Find a...

Tin from the kitchen cupboard (x2!)

Hold a tin in each hand. Outstretch your arms and draw imaginary circles with the tins

Draw circles forward for 20 seconds and then backwards for 20 seconds

Too tough? Try without the tins or take a break!

Find a...

Colourful blanket, towel or item of clothing

Count how many colours you can see. Try & complete that many star jumps.

Complete 3 lots of that many star jumps with 30 seconds rest in between

Aim to complete 3 repetitions of the activity. Give yourself a 1 minute rest between each repetition to catch your breath and have a drink of water.

Depending on how long each activity takes, make sure you complete your daily active minutes by mixing up the different ideas.



Stay safe, stay active & have fun!

For
KS3 & 4

The Quarantine 14

Give the mini circuit on each day below, a go & get your heart rate up. Make sure you warm your body up first & stretch off at the end of each circuit.

DAY 1 <input type="checkbox"/> 1. Climb an imaginary ladder for 30 seconds using both your arms and legs 2. Standing up straight, outstretch your arms, circle them forward for 20secs then backward for 20secs 3. Hold a plank position for 20 seconds	DAY 2 <input type="checkbox"/> 1. Hold yourself in a squat position for 30 seconds 2. In a high plank position, bring alternate knees to your chest for 30 seconds 3. How old are you? Can you complete that many press ups? Start on your knees	DAY 3 <input type="checkbox"/> 1. Complete 30 star jumps 2. Complete 20 tricep dips using a chair, bench or step 3. On all fours, raise opposite arm to opposite leg, hold out straight then tuck in. Complete 10 repetitions on each side	DAY 4 <input type="checkbox"/> 1. Complete 10 step ups on each leg 2. Lay flat on your back with your arms by you side. Raise both legs together until your feet point to the ceiling, then lower back down 10 times 3. Complete 5 burpees with a jump after each one	DAY 5 <input type="checkbox"/> 1. Hold a plank position for 20 seconds 2. Hop one leg for 10 counts then swap to the other 3. In a crab position, reach to touch opposite hand to opposite foot 10 times	DAY 6 <input type="checkbox"/> 1. Complete 10 frog leaps 2. Sit on your bottom with your feet hovering off the floor. Touch the floor on either side of your body with your hands 20 times 3. Complete 20 air sumo squats. Keep your back straight & head up	DAY 7 <input type="checkbox"/> 1. Jump with two feet side to side over a simple flat marker for 20 seconds 2. Lay flat on your back, sit up & reach forwards to your toes. Do this 10 times 3. Complete 20 alternate walking lunges
DAY 8 <input type="checkbox"/> 1) Run on the spot bringing your knees up high for 30 seconds 2) Complete 10 up down planks. Drop from your hands to forearms & back up again 3) Complete 30 star jumps	DAY 9 <input type="checkbox"/> 1) Complete 5 burpees with a jump after each one 2) Complete 20 opposite elbow to knee crunches 3) Complete 10 jump lunges	DAY 10 <input type="checkbox"/> 1) How old are you? Can you complete that many press ups? Start on your knees 2) Lying on your back, complete 20 glute bridges 3) Complete 20 air sumo squats. Keep your back straight & head up	DAY 11 <input type="checkbox"/> 1) Complete 15 squat jumps 2) Lay flat on your back, keep your legs straight & raise them off the ground. Flutter them above one another alternately 20 times 3) Squat pulse for 20 counts	DAY 12 <input type="checkbox"/> 1) Can you army crawl along the ground for 1 minute? 2) Standing up straight, step one leg at a time out the side for 10 single leg side lunges. 3) Complete 20 sit ups	DAY 13 <input type="checkbox"/> 1) In a high plank position tap opposite shoulder with opposite arm 20 times 2) Wall sit for 30 seconds 3) Run on the spot bringing your knees up high for 30 seconds	DAY 14 <input type="checkbox"/> 1) Lie down on your stomach. Raise your head, arms & legs off the ground and hold for 10 seconds 2) Complete 20 reserve lunges 3) Hold a side plank on your right then your left side, each for 10 seconds

Aim to complete 4 rounds of each activity circuit. Give yourself a 1 minute rest between each round to catch your breath and have a drink of water. Tick off a workout each day or mix and match. Adapt to make them easier or more of a challenge or why not make up your own.

