



At the beginning of each school day at Bridge Road we encourage 30 minutes of physical activity. During this time, it is hard to keep motivated to stay active. Here is a guide for different activities that your children can do throughout the week, mostly available on YouTube and with some extra activities included. There is a mix of fitness, yoga, dance and meditation activities that can be done in order, or whenever suits your family.

Day	Morning	Lunch	Afternoon
Monday	Select a P.E with Joe class (Approx. 25 mins) <a href="#">PE With Joe</a>	Select a 10 min yoga session <a href="#">here.</a>	Have a dance party! 10 mins of dancing to your favourite songs
Tuesday	Do the Animal Circuit (See Page below)	Do a Body Scan Meditation <a href="#">here.</a>	Quick! Let's do a 5-minute workout. <a href="#">Click here.</a>
Wednesday	Select a P.E with Joe class (Approx. 25 mins) <a href="#">PE With Joe</a>	Let's do some yoga. <a href="#">Click here.</a>	Take some time to relax with a guided meditation <a href="#">here.</a>
Thursday	Do the Superhero Workout	Do a Minecraft yoga adventure <a href="#">here.</a>  And/or A Wizard of Oz yoga adventure <a href="#">here.</a>	Quick! Let's do a 5-minute workout. <a href="#">Click here.</a>
Friday	Select a P.E with Joe class (Approx. 25 mins) <a href="#">PE With Joe</a>	Take some time to be mindful <a href="#">here.</a>	Do some dancing! It's time to <a href="#">Cha Cha Slide</a>

# ANIMAL CIRCUIT

EXERCISE RIGHT *at home*

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

## 01 FROG JUMPS X 10

Squat down with your hand between your knees, now hop like a frog.



## 02 BEAR WALK X 20

Hands and feet on the floor, hips high, walk left and right like a scary bear.



## 04

## INCH WORMS - X 10

Stand tall, keeping your legs as straight as possible, and reach your palms to the floor. Now crawl out to a plank, lift your hips to the sky and inch your feet towards your hands (small steps), trying to keep knees straight.



## 03

## CRAB CRAWL X 20 SECONDS

Sit on the floor and reach your hands behind you with palms flat to the floor. Now lift your bottom up and crawl forwards, backwards and sideways like a crab.



## 05

## CHEETAH RUN X 20 SECONDS

Run as fast as you can on the spot.



## 06

## GORILLA WALK X 10 EACH DIRECTION

Squat down with your hands between your knees, now reach your hands past your right knee and place your palms on the ground. Lift your hips to the sky and in one movement slide your body across and land with your hands beside your left knee.



FOR MORE RESOURCES AND INFORMATION ON HOW TO STAY ACTIVE, VISIT [EXERCISERIGHT.COM.AU](http://EXERCISERIGHT.COM.AU)



# SUPER HERO CIRCUIT

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

1.

## BEND AND TOUCH YOUR TOES X 10

With your feet shoulder width apart, reach your arms straight to the sky as high as you can, now bend forward and touch your toes trying really hard to keep your legs straight.



2.

## LEAP X 20

Pretend to leap from building to building with big long steps.



4.

## JUMP AS HIGH AS YOU CAN IN THE ONE SPOT X 10

With your feet shoulder width apart, and arms by your side, bend down like you are going to sit on a chair, swing your arms and push your feet into the ground and jump into the air.



3.

## RUN AS FAST AS YOU CAN ON THE SPOT TO CATCH THAT BADDIE X 20 SECONDS

Make sure you move those arms and legs as fast as possible.



5.

## WALK ON YOUR TOES X 10 STEPS

Pretend you're sneaking and walk as quietly as possible.

SHHH!



6.

## COMMANDO CRAWL X 10

Lying on your tummy, pull yourself along the ground as quietly and quickly as possible.



EXERCISE  
RIGHT

at home

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