



Inspired Ideas Online!  
Monday, 23rd March 2020

Welcome to the first day of our daily activities!

**Let's Keep Ourselves Fit!**

**Create your own circuit training course.**

Decide as a family what you want to include in your training circuit. It could include star jumps, (clap above your head to make it more difficult), running between two marked spots on the ground and touching the ground at each point, skipping on the spot, stepping up and down the bottom stair, push ups, crab walk between two points, hop on left foot, hop on the right foot.

Everyone makes a chart so you can do your circuit every day this week.

One of you set a timer for a minute as you each try a different station. Work your way around each station giving yourselves a minute at each. Don't forget to record how many you do on your chart!

When it's snack time, eat a piece of fruit.

Why not make a paper chain diary? Cut some strips of paper to make the chains and at the end of each day write down three things you did or thought about today. Stick or tape the ends together and add another chain tomorrow.

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