








# DAILY MOVEMENT CHALLENGE

Complete the daily movement activities and return for a chance to climb our #everybodymovenow leaderboards

M	12 Mountain Climbers  completed: <input type="checkbox"/>	T	10 seconds Vertical leg raise  completed: <input type="checkbox"/>	W	10 each leg Donkey Kicks  completed: <input type="checkbox"/>	T	10 Toe Crunches  completed: <input type="checkbox"/>	F	10 seconds Flutter kicks  completed: <input type="checkbox"/>	S	10 seconds Swiss ball plank  completed: <input type="checkbox"/>	S	10 Seconds Side Plank  completed: <input type="checkbox"/>
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see overleaf for 'how to' guide for each activity

NAME:  
GRADE:  
SCHOOL:

#EverybodyMoveNow

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Keep yourself moving by taking part in our daily movement challenge. Tick off the days activity and then return the completed card to get a new one for next week.

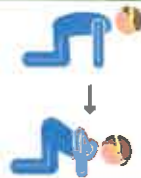
Fill in your name, grade and school on the front of the card to score points and be entered onto our challenge leaderboards and a chance to win some fun prizes

## Activity 'How To' guide

M

**BENDE KNEE PUSH UPS** - Start on your hands and knees kneeling on the ground. Slowly lower yourself toward the ground bending at the elbow. Push yourself back up until your arms are straight again.

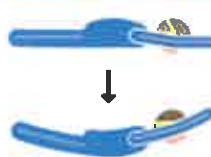
**ADAPTIONS** - Need more of a challenge? Try this in a traditional push up position. You can also do push ups leaning against a wall and pushing yourself to a standing position. Try from a seated position and use your arms



T

**SUPERMAN** - Lay face down on a mat or flat surface, with arms outstretched. Keep your hands and arms straight throughout the exercise. Raise your hand and legs just off the ground. Hold for 5 seconds, then return to starting position.

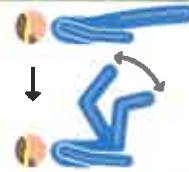
**ADAPTIONS** - Pick a song that is challenging if counting to 10 is boring why not sing a short song.



W

**AIR CYCLING** - Lie on your back lift your upper body up slightly while bringing your knees to up above your torso. Stretch out your legs and imagine you are pedalling your bike. See if you can keep pedalling for 30 seconds.

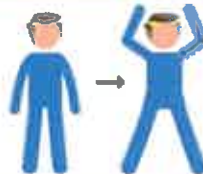
**ADAPTIONS** - Alter how long you pedal for based how much you want to challenge. Try it sitting and pedal with your hands straight out in front.



T

**JUMPING JACKS** - Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart and stretch your arms out and over your head. Jump back to starting position. Repeat for a count of 10

**ADAPTIONS** - You can also do this in a chair and just moving your arms. Try and straighten your torso as high as possible with each move.



F

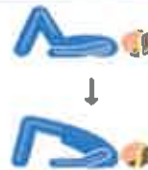
**WALL SIT** - First lean against the wall with feet planted firmly on the ground, shoulder width apart. Slowly slide down keeping your back pressed against the wall until you are in a seating position. Hold for 10 seconds and then return to the standing position.



S

**PELVIC SCOOPS** - Lay on your back and place your hands flat on the floor. Cross one leg over the other at the knee. Next push with your heel and raise your hips off the ground while keeping your stomach tight. Hold this position for a count of 10 then try with legs crossed in the other direction.

**ADAPTIONS** - Pick a count that is challenging. If 10 seconds is too easy see if you can get all the way to 30 seconds. Or don't hold at all and see how



S

**SHADOW BOXING** - Stand with your legs slightly apart in a stable position; make sure there is no-one in the way. Take turns punching with each arm for a count of 10 seconds. The idea is get your heart pumping so go as fast as you can.

**ADAPTIONS** - You can easily do this from a sitting position as well as standing. Add in some body movements and pretend you are dodging



Need more adaptations or help making a unique exercise plan?

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