




## Stay active with TED!

Day	January	Activity
<b>Million Monday</b>	11 <sup>th</sup>	<b>This week's challenge is Star Jumps.</b> Try to complete as many star jumps you can throughout the week. Tell your teacher how many you complete. IAPS is aiming for a total of 1 million star jumps completed across the week by schools.
<b>Teamwork Tuesday</b>	12 <sup>th</sup>	<b>Step ups with a sibling or a parent/guardian.</b> Using your stairs, a step or a bench, complete step ups for: <ul style="list-style-type: none"> <li>• 15 secs work then 15 secs rest whilst your partner completes it.</li> <li>• 30 secs work then 30 secs rest whilst your partner completes it.</li> <li>• 1minute work then 1minute rest whilst your partner completes it.</li> <li>• Repeat 5 times throughout the day.</li> </ul>
<b>Wellbeing Wednesday</b>	13 <sup>th</sup>	<b>Wall sit</b> Find a space against a wall in your house. Lean back and slide down into a squat position. Knees should be in a 90-degree angle to the floor. Complete a wall sit for: <ul style="list-style-type: none"> <li>• 15 secs/have 15 secs rest.</li> <li>• 30 secs/have 30 secs rest.</li> <li>• 1minute/have 1minute rest.</li> <li>• Repeat x3 times throughout the day.</li> </ul>
<b>Ball Skills Thursday</b>	14 <sup>th</sup>	<b>Wall passes</b> Using a ball (football, netball, tennis ball), throw the ball against a wall in the following ways: <ul style="list-style-type: none"> <li>• 25 right shoulder passes</li> <li>• 25 left shoulder passes</li> <li>• 25 chest passes</li> <li>• 25 overhead passes</li> <li>• 25 throw, spin around on the spot and catch.</li> <li>• Repeat x2.</li> </ul>
<b>Fitness Friday</b>	15 <sup>th</sup>	<b>High Intensity circuit</b> Complete the following circuit <ul style="list-style-type: none"> <li>• 30 seconds of star jumps/have 30 seconds rest</li> <li>• 30 seconds of press ups/have 30 seconds rest</li> <li>• 30 seconds of high knees/have 30 seconds rest</li> <li>• 30 seconds of squats/have 30 seconds rest</li> <li>• 30 seconds of mountain climbers/have 30 seconds rest</li> <li>• Repeat 2 times (or more if you are feeling energetic!)</li> </ul>
<b>Self-care Saturday</b>	16 <sup>th</sup>	<b>Read</b> Read a chapter of your favourite book. If you love the book that your reading, why not recommend it to a friend?
<b>Sleepy Sunday</b>	17 <sup>th</sup>	

Make sure you do a light warm up before completing each daily activity, we don't want any injuries. If you are unsure what an exercise is, pop it into google to see a demonstration. Don't worry if you can't do an activity, just do as much or as little as you can and want to! Most importantly HAVE FUN!