

# **Day 1**

## **Physical activity challenge for the day**

Here is a short exercise circuit for you to try. Do one round of the circuit, grab a quick drink of water and then go for round two!

### **Toy Solider**

**Do this for 2 minutes:**

1. Stand up straight with your hands and arms stretched straight out in front of you.
2. Start with your right foot: lift up your right foot and try to touch your right hand.
3. Now your left foot: lift up your left foot and try to touch your left hand.
4. Stand in place and alternate the same motion with your right and left foot.
5. Keep your back straight and give it your best effort.

### **Superman**

**Time yourself and do this for as long as you can:**

1. Lay down on your belly.
2. Stretch out your arms and legs as far as you can. Hold your hands and toes 6 inches off the floor.
3. Keep your chin up and hold this position for as long as you can. Challenge yourself!

### **Sit-ups**

**Do this 10 times:**

1. Find a space and lay down on your back on the floor. Bend your knees and keep your knees and feet together.
2. From this position, put your hands behind your head and try to keep your chin up.
3. While keeping your feet together, try to reach up and touch your chin to your knees.

### **Line jumps**

**Do 20 foot switches:**

1. Find an open space and use an imaginary line on the floor.
2. Start with both feet together on one side of the imaginary line.
3. Now jump back and forth over the imaginary line keeping your feet together.
4. Try not to touch the line!

**Have a great day!**

**Mr. Casamento**