

## **Day 3**

### **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!

#### **Donkey kicks**

**Do this for 2 minutes:**

1. Find a space on the floor and get down on your hand and knees.
2. Start with your right leg: Extend your right foot out and up towards the sky while keeping your left knee on the floor.
3. Bring your right knee back down to the starting position and now use your left leg.
4. With your left leg: Extend your left foot out and up towards the sky while keeping your right knee on the floor.
5. Continue this pattern while extending your right and left foot. Try your best to stretch your legs out as far as you can.

#### **Planks**

**Time yourself and see how long you can go:**

1. Find a space and get down in a push-up position.
2. Put your elbows on the floor underneath your shoulders. Make a fist with both hands.
3. Now hold your feet together with a straight back and hold your knees and legs up off the floor. Remember; keep your legs and feet together.
4. Now hold that position for as long as you can.

#### **Jumping Jacks**

**Do this 20 times:**

1. Find a space and stand up nice and tall with your hands to your sides and feet together.
2. Now bring your hands up over your head and lightly clap your hands together. While you bring hands up from your sides, kick your feet out to the side.
3. Then as you bring hands back down to your sides, jump and bring both feet back together. Keep repeating this pattern.

#### **Banana**

**Time yourself and see how long you can go:**

1. On the floor, lay down on your back and stretch your hands and legs out straight.
2. Now lift both your hands and heels of your feet 6 inches off the floor. Focus on tightening your belly.

**Have a great day!**

**Mr. Casamento**