

## **At Home Activity Ideas for Students**

As we try to navigate through our lives at this time, it is still important that we are maintaining an active lifestyle and trying to get in as many movement minutes as possible. Physical activity is important for many reasons. Here are a few of those reasons: Boosts your immune system, lowers stress and anxiety, boosts energy and improves mood, promotes better sleeps, helps fight diseases and health issues.

As you can see, these benefits of physical activity are of the utmost importance right now, so here is a list of many options and ideas for you at home and within your community. It is important at this time to ensure the continuity of learning while school is suspended. Not all of these options are viable for all students, but there are plenty of ideas on this list and you should be able to find something that can work for you.

If you have a Tech Device, here are some videos to follow along with:

FUN FITNESS by POPSUGAR on YouTube:

1. 30 minute Tabata:  
<https://www.youtube.com/watch?v=XIeCMhNWFQQ>
2. 45 Minute Workout:  
[https://www.youtube.com/watch?v=Zemo\\_qsDgo](https://www.youtube.com/watch?v=Zemo_qsDgo)
3. Cardio and Legs:  
<https://www.youtube.com/watch?v=AqMIw-L9LcY>
4. Cardio Boxing:  
<https://www.youtube.com/watch?v=5mxYbg1bfqc>
5. 20 Minute Tabata:  
<https://www.youtube.com/watch?v=sHgLdjyhbdA>
6. 45 Minute Tabata:  
<https://www.youtube.com/watch?v=bgdb5QgI9aU>
7. 30 Minute Strong by Zumba:  
<https://www.youtube.com/watch?v=QRZcZgSgSHI>
8. 30 Minute HIIT:  
<https://www.youtube.com/watch?v=GOyhgv6SA1k>
9. 30 Minute Hip Hop Fit Workout:  
<https://www.youtube.com/watch?v=ZWk19OVon2k>
10. 30 Minute Full Body HIIT:  
<https://www.youtube.com/watch?v=hVkz5N7PRu4>
11. 30 Minute Boxing Workout:  
<https://www.youtube.com/watch?v=jCTEVKRTuS8>

YOGA WITH ADRIENE on YouTube:

1. Gentle Morning Yoga  
<https://youtu.be/jsLAc-2yobE>
2. Yoga for Brain Power  
[https://youtu.be/YbAYMQC\\_ZaE](https://youtu.be/YbAYMQC_ZaE)
3. Yoga for Anxiety and Stress  
[https://youtu.be/hJbRpHZr\\_do](https://youtu.be/hJbRpHZr_do)
4. Yoga for Concentration and Mental Focus  
<https://youtu.be/xE3D7vKvtok>
5. Power yoga  
[https://youtu.be/WwzihD\\_WmFE](https://youtu.be/WwzihD_WmFE)
6. Yoga for Strength and Focus  
[https://youtu.be/\\_F8aOQza68E](https://youtu.be/_F8aOQza68E)

If you have a video game console and access to these movement games or others that can keep you active, play for 30-45 minutes per day:

1. Just Dance - Xbox, Wii, PS4
  2. Wii Sports - Wii
  3. Wipeout - Kinect, Wii
  4. Nickelodeon Fit - Wii
  5. Active Life Outdoor Challenge - Wii
  6. Fitness Evolved - Xbox, Kinect
  7. Kinect Sports - Xbox, Kinect
  8. Zumba Fitness - PS3/4
- Any other active games that are not listed above that you have access to

### **AT HOME MINIMAL OR NO EQUIPMENT NEEDED** **FITNESS CIRCUITS**

#### ***CIRCUIT OPTION 1 - LOWER BODY:***

Perform each exercise for 45 seconds, with a 15 second rest between each exercise. Repeat the circuit 5-6times. You may take a water break between each round of the circuit.

1. Squats
2. Mountain Climbers
3. Lunges stepping forward
4. High knees in place
5. Wall Sit
6. Star Jumps

### ***CIRCUIT OPTION 2 - UPPER BODY***

Perform each exercise for the number of reps listed. See how many times you can get through the circuit in 45 minutes. You may take a quick water break between each round of the circuit, but try to minimize break time.

1. 40 Jumping Jacks
2. 12 Push-ups
3. 20 Mountain Climbers
4. 30 second right side plank
5. 30 second left side plank
6. 20 triceps dips on couch, chair, stool, or other stable elevated surfaces
7. 20 Plank position alternating shoulder taps
8. 10 Burpees
9. 20 Plank position alternating front arm raise

### ***CIRCUIT OPTION 3 - FULL BODY***

This is called a 100 workout. You start with 100 reps of something, 90 reps of something, etc until you get down to 10. Take a water break halfway through. If you want an extra challenge, work your way back up from 10-100 once you've completed the workout.

100: Alternating Lunges (50 per leg)

90: Jumping Jacks

80: Squats

70: Sit-Ups

60: Donkey Kicks

50: Plank for 50 seconds

40: Mountain Climbers

30: Tuck Jumps

20: Push Ups

10: Burpees

### ***Other Daily Activity Options:***

1. Outside walk around your community
2. Outside jog/run around your community
3. Scavenger Hunt (make a list of things you must find or see outside and then spend some time looking for them. Be creative!)
4. Create a gymnastics routine or work on your basic gymnastic skills.

*Remember, it is important for your health to get 45-60 minutes of moderate-vigorous physical activity per day. Please use this document as a guide of ideas and resources for you to use at home to ensure you are maintaining a healthy lifestyle.*

*If you have any questions at all, please do not hesitate to contact me at the school via phone or email. Thank you.*