

SCHOOL GAMES



ACTIVITY 1



Yoga with Adriene

Yoga is the perfect opportunity to exercise and relax at the same time. Take a look at this [video](#) for a great 20 minute yoga workout!

ACTIVITY 2



Workout with Anthony Joshua!

How many rounds of AJ's exercises can you complete in 10 minutes? Complete each movement for 10 reps.

Squats

Press Ups

Reverse Lunge & Press

Row Boats

Bag Drag

See the [video](#) for how to complete AJ's workout moves!

WARM UP



Activity Cards

On a piece of paper, write down different warm up movements/stretches and then cut them out individually. Mix them up, spread them out and turn one over and complete the movement or stretch. Repeat with the other cards. Examples could be jumping jacks, hamstring stretch, high knees and sprinting on the spot.

What warm up movements can you think of?

CHALLENGE 1



Basketball Shooting

Using a pair of rolled up socks, place a target (bin, sauce pan etc.) up against a wall. Try to shoot your socks into the target. Repeat 5 times and see how many you can score. For an added challenge, move your target away from the wall or place behind a chair in your house. How many can you score this time? Use this challenge as practice for your entry into the **SLSSP Quad Cup - Virtual Basketball Challenge**. Click [here](#) for more information and to enter the competition!

