



Welcome to our Virtual Gym Hall  
Let's have some fun!

To access the  
links, hover over the images, some of  
them will take you to fun activities.



# what's your name?

Fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

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|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Try out our  
'What's your name?'  
challenge today.

Use your name to create  
your workout.

# Fitness Challenge



Who is the fittest member of your family?  
Challenge them to a fitness competition.

Think of some exercises e.g. sit ups, star jumps, press ups, squats and count how many each of you can do in one minute. Does your score improve if you practise?

Have a competition in your family to see who can get the most 'steps' in one day. Can you get over 10,000?

# Family Exercise



Choose something you like to do with your family – walk, yoga, ride your bike, play outdoors. It could be anything as long as you are getting active.



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# Disco Time

Why not have a family disco and dance to your favourite tunes?

Or, you could challenge yourself to make up your own dance routine. You could video yourself and upload so that your teacher can see.



# Become a sports journalist!



Watch a sporting event of your choice, or think of one you have recently watched,.

You could write a report for the newspaper on the event or even write the live commentary for part of it.

Who is your favourite sports person? Why not write questions to ask them?

# Favourite sport



What is your favourite sport?

You could draw a picture of it or create a model of your favourite sport using lego or other construction materials. Could you make a model of a football stadium?

You could also design a new sports kit for your favourite sport/team.



# Chris Hoy

## BRONZE

- 30 Seconds Fast Feet
- 10 Press Ups
- 30 Seconds High Knees
- 10 Lunges
- 30 Speed Bounces

**REPEAT X 3**

## SILVER

- 45 Seconds Fast Feet
- 10 Press Ups
- 45 Seconds High Knees
- 10 Lunges With Kick
- 35 Speed Bounces

**REPEAT X 3**

## GOLD

- 45seconds Fast Feet
- 10 Press Ups
- 45 Seconds High Knees
- 10 Lunges With Kick
- 35 Speed Bounces

**REPEAT X 3**

## DO MY WORKOUT



Today you have the opportunity to Workout like a famous sports star!



On the following slide there is a sports star along with their Workout Challenge.



Complete his workout - you can choose either a Bronze, Silver or Gold level.



TASK! - Find information About Andy Murray- create a PowerPoint or fact file. Make it exciting!

HEALTHY BODY, HEALTHY MIND.

