



FUN PHYSICAL CHALLENGES FOR ALL THE FAMILY DURING SELF ISOLATION

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ACTIVITY 1 : ROUND THE HOUSE WE GO

- Workout how many steps it is around the outside of your house (or just use laps with little family members)
- Set daily & weekly goals based on how many steps you do either individually, or as a family
- Use a reward for hitting your goal ie family movie, snacks etc
- Challenge family and neighbours to do the same 😊
- Fun variations can be backwards laps = double steps, family conga laps, wheel barrow races



ACTIVITY 2: WORK TOGETHER BY WORKING OUT TOGETHER

- To get the family more actively involved with workouts these 4 exercises require team work to complete
 - Do these either for repetitions or for time. A fun way to do these is to see how many you can do in 30 seconds
 - Switch family members for different exercises²
 - Set goals for the week and subsequent rewards for completing sessions
- [High 5 Push Ups](#) (can be done kneeling)
 - [Partner Squats](#) (clear area behind you just in case)
 - [Partner Glute Bridges](#)
 - [Partner Cycle Abs](#)

ACTIVITY 3: BACKYARD OLYMPICS 2020

Seeing we have to wait another year for the Olympics, why not create a mini Olympics in your own backyard?

- Events are easy to set up and just need slight modifications to make family friendly;
- Long Jump (standing long jump instead)
- Shot Put (use basketball, rugby ball etc)
- Hammer Throw (gumboot?)
- 100m (10m rolling)
- 200m (20m rolling)
- Gymnastics (handstands, creative floor routine etc)
- Write up a records board to create healthy family competition 😊



ACTIVITY 4: FUN FILLED FAMILY CHALLENGES

- Walk heel to toe with arms folded and eyes closed – most steps without losing balance wins
- Balance on 1 foot with eyes closed and see how long you can last
- Balance a golf club or tennis racket on the palm of your hand for as long as you can
- [Stand up challenge](#) (click)
- [Wall Chair Challenge](#) (Click)
- For more fun filled challenges the whole family can try click this [link](#) 😊

