

Off Site Activity Log Assignment

Due to in class instruction being suspended, you will continue to be provided educational opportunities in physical and health education using the following log assignment. We are going to keep it simple with the activities; remember any physical activity has a positive impact on mental health, and I encourage you to be as active as possible while respecting physical distancing rules during the current situation

What do you do?

- You should move your body for at least 30 minutes a day
- You need to ensure social/physical distancing when doing activities
- Once your activity is complete you need to log it (write it down) on the online form.
 - Do NOT write your activity on the forms document as it will not save unless you submit the form
 - Log your activities somewhere at home (you phone calendar, a real calendar, your agenda, a post-it would even work!)
- Every 2 weeks you need to submit the details of your log. Do this using the “Forms” link that Ms. Wood sends out.
- Complete health assignments as they are handed out (on the portal)

Recommended Activities:

- Go for a walk outside (remember to follow physical distancing protocols, stay at least 2m away from others!)
- Go for a run outside (remember to follow physical distancing protocols, stay at least 2m away from others!)
- Run up the stairs, walk back down (repeat this for an interval of 3 minutes, rest for a minute or two, then start again!)
- Bike riding (inside or outside)
- Try this stretching routine. Hold each stretch for 30-45 seconds.



- Body weight exercises at home or outside if it is safe (step ups, push ups, core exercises like planks, crunches, sit ups, or toe taps; squats, and lunges to name a few)
- Stretching/Yoga
- Set up a circuit and complete it (use some of the body weight exercises from above, add in some cardio between each station)
- Try this “single spot circuit”
 - 30 seconds of each movement, then rest for 3 minutes once you complete the whole workout.
 - Complete 3 times:
 - 30 seconds of running on the spot
 - 30 seconds of on the spot high knees
 - 30 seconds of on the spot butt kickers
 - 30 seconds of on the spot shadow boxing (punching an imaginary person in front of you)
 - 30 seconds of crunches
 - 30 seconds of on the spot alternate lunges
 - 30 seconds of on the spot jumping jacks
 - 30 seconds of on the spot punching the sky
 - 30 seconds of on the spot squat jumps
 - 30 second plank hold
 - Rest for 3 minutes before repeating the whole circuit