



Broadfield Primary
"Together We Can Achieve!"

Broadfield Primary School

Indoor keep fit exercises



Indoor Fitness Activities

While at home it is important that you keep yourself fit and healthy. There are many activities that you can do around the house or in the back garden. Regular exercise also has many other benefits such as:

1. Keeps your brain healthy
2. Reduces stress
3. Helps to keep your heart, bones and muscles strong
4. Increases energy levels
5. Makes you feel happier.

Here are some fun exercises you can do in the comfort of your own home either on your own or as a family.

Jogging on the spot



Remember to set a nice steady pace and try to stay in the same spot while you're jogging. This is a good exercise to start off with as it will help increase your heart rate.

Do this for about 30 seconds or until you feel your heart rate has increased.

High Knees



Raise each knee one at a time as high as you can in front of you. If you find this easy try speeding up to make it harder for yourself. Try to remain on the same spot while completing this exercise.

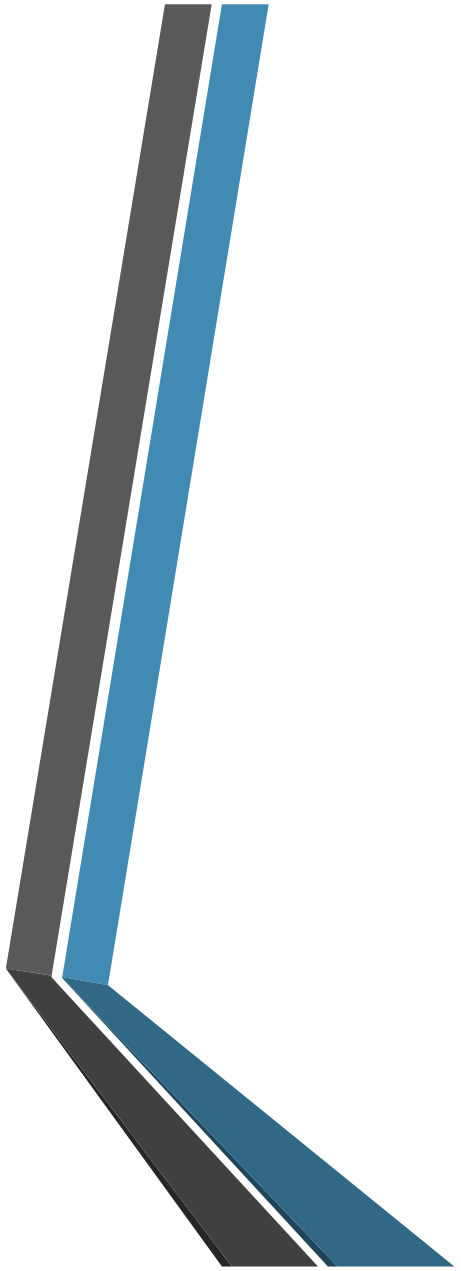
Try to do 30 per session

Step Ups

All you will need to do this exercise is the bottom step of your stairs.

Carefully step on and off, one foot at a time. If you think this is easy try to speed up to make it harder for yourself.

Try to do 1 minute per session.



Star Jumps



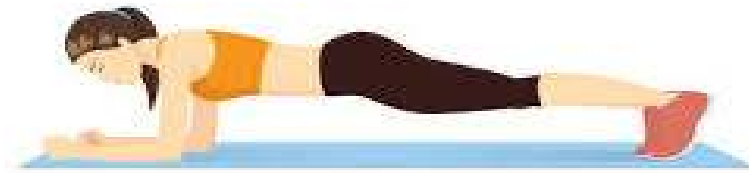
This one is easy. All you need is a big enough area for your legs and arms to stretch out.

Standing in an upright position with your arms by your side and knees slightly bent, jump into the air spreading your legs and arms out wide as far as they can go.

When landing it is important to put your legs and arms back into the starting position as this will help you land safely.

Try and do 30 star jumps per session.

Plank



Place your body in the plank position and try to hold this position for as long as you can. If you find this hard then you can put both knees on the floor to help make it slightly easier.

Try timing yourself each day to see if you can improve your score.

Press Ups



Starting with your chest flat on the floor and your hands shoulder width apart, push your body upwards. Continuing to repeat this downwards and upwards movement. Making sure your arms are always shoulder width apart and straight when extended.

Try and do 10 press ups per session or as many as you can.