



Let's Stay Active, Fieldstone!

General Tips:

Avoid being sedentary as much as possible. Get up, walk your dog, walk outside, or walk around your house. Do everything in your power to avoid sitting down all day. Children and teenagers need at least 60 minutes of play a day and adults need at least 150 minutes of moderate to vigorous physical activity a day.

It's hard when practising social distancing but enjoy getting creative with it. Here are some suggestions to help:

Primary Grades

Fitness Activities:

- <https://www.youtube.com/user/CosmicKidsYoga>
 - a. Easy fun yoga for kids.
- 4 Fun Fitness Activities:
 1. Jump for the stars: Jump as high as you can to reach the stars. Get 10 stars, take a break and get 10 more.
 2. How strong are you: Hold something heavy and awkward for 10 seconds and then slowly put it on the ground. Prioritize safety!
 3. Flat as a board: See how long you can hold a flat plank for.
 4. Farmer's walk: Grab a heavy object in each hand and see how many times you can walk around your house before needing to put the objects down.

Games:

- Balloon Volleyball: Split a room in half (hide breakable things), get a balloon and play a simple game of volleyball or keep up using a balloon. No need for nets or anything- just draw an imaginary line.

- <https://www.fatherly.com/play/activities/best-indoor-games-for-kids-and-families-coronavirus-quarantine/> (Plenty of easy fun games)

Intermediate Grades

Fitness Activities:

- Burpees, knee pushups, tuck jumps, jump squats, bodyweight squats, wall sits, planks

Games:

- Balloon Volleyball: Split a room in half (hide breakable things) get a balloon and play a simple game of volleyball or keep up using a balloon. No need for nets or anything- just draw an imaginary line.
- <https://www.fatherly.com/play/activities/best-indoor-games-for-kids-and-families-coronavirus-quarantine/> (Plenty of easy fun games)

Senior Grades

Yoga: This YouTube channel is really good. Lots of videos for ranges of abilities.

<https://www.youtube.com/user/yogawithadriene>

Fitness Activities:

High Intensity: Add weight to any activity by holding something heavy (big bag of rice)

- Pushups, bodyweight squats, lunges, jump squats, tuck jump, burpees, run stairs, planks, wall-sits, mason twists.

Moderate Intensity:

- Knee pushups, jumping jacks, glute bridge, arm circles, stair step-ups.

Light Intensity

- Take your dog for a really long walk, sit on an exercise ball instead of a chair, every 15 minutes get up and walk around your house, stretch.

Other Ways for Families to Keep Active:

- Follow your favourite gym on Instagram. Lots are posting at-home workouts, including the Toronto YMCA.
- Download an app such as “fitbod” offering free bodyweight exercise programs till May
- At-home workouts like: <https://www.acefitness.org/education-and-resources/lifestyle/blog/6593/top-25-at-home-exercises/>