

A GUIDE TO

PHYSICAL ACTIVITY AT HOME

Kilbreda College

A Kildare Education Ministries School in the Brigidine Tradition



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DISCLAIMER

All information correct at time of printing.

Information may change from time to time at the discretion of the College.

This information and exercise program is general advice only. The text and exercises on this pdf, including all graphics, text and images are intended for information purposes only. The content is not a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your health care professional with any questions you may have.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in the exercises outlined in this booklet, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Kilbreda College from any and all claims or causes of action, known or unknown, that arise.

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PLEASE NOTE:

Kilbreda College would like to acknowledge **Kildare College (Holden Hill, South Australia)** for generously supplying all written content within this brochure.

TRACK YOUR PROGRESS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
One							
Two							
Three							
Four							
Five							
Six							
Seven							
Eight							
Nine							
Ten							
Eleven							
Twelve							
Thirteen							
Fourteen							
Fifteen							



Using a combination of health and exercise apps, everyday activities, videos and specific workouts can help you to maintain your physical activity and health levels while being stuck at home all day.

Aim to have at least 30 minutes of activity a day.

This guide is to help you get started!

Enjoy your time at home with your family, while still maintaining defined work and study hours and limiting screen usage outside of these hours.

7 DAY ROUTINE

It's Day 1. Aim to complete the following today!

MONDAY: DAY 1

- 10 pushes up in 3 rotations
Video tutorial:
www.youtube.com/watch?v=rjc007OXS3g
- 10 sit ups in 3 rotations
Video tutorial:
www.youtube.com/watch?v=1fbU_MkV7NE
- 10 step ups on each leg in 3 rotations
Video tutorial:
www.youtube.com/watch?v=BeN9ZcYY5iM
- 45 minutes of outside activity

It's Day 2. Aim to complete the following today!

TUESDAY: DAY 2

- 2 minute wall sit in 3 rotations
Video tutorial:
www.youtube.com/watch?v=-cdph8hv000
- 30 second plank in 3 rotations
- 30 squats in 3 rotations
- Yoga session
- 30 minutes of active chores
(vacuuming, dusting, making beds)
- 30 minutes of outside activity with someone from your family

It's Day 3. Aim to complete the following today!

WEDNESDAY: DAY 3

- Rest for a day in the middle of the week.
- Aim to go outside/in your yard for at least 30 minutes.
- Stand up, stretch and do a lap around the house every 20 minutes or in ad/episode breaks on TV/streaming services

It's Day 4. Aim to complete the following today!

THURSDAY: DAY 4

- Play outside for at least an hour between 5 - 6 pm before dinner. Kick a soccer ball, play some cricket or play marks up.
- Complete a meditation or yoga session before bed using an app or the session below.

It's Day 5. Aim to complete the following today!

FRIDAY: DAY 5

- Complete the same as Monday.
Let's finish the week how we started!
- 10 push up in 3 rotations
Video tutorial:
www.youtube.com/watch?v=rjc007OXS3g
- 10 sit ups in 3 rotations
Video tutorial:
www.youtube.com/watch?v=1fbU_MkV7NE
- 10 step ups on each leg in 3 rotations
Video tutorial:
www.youtube.com/watch?v=BeN9ZcYY5iM
- 45 minutes of outside activity

It's Day 6. Aim to complete the following today!

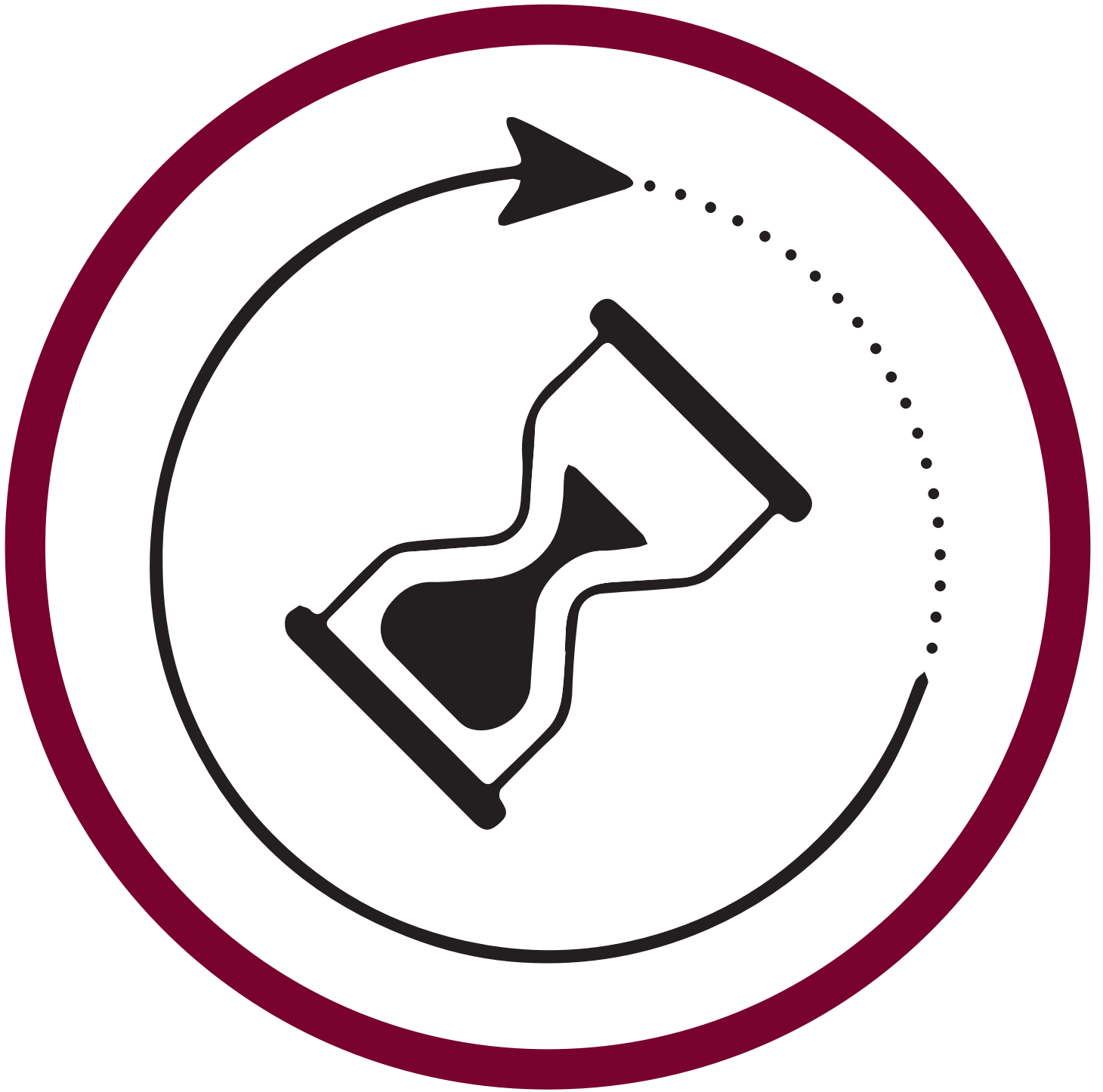
SATURDAY: DAY 6

- This is the day when everyone would normally be out playing their weekend sport. Try and create a family game out in the backyard; or build a fort inside.
- Spend time together away from your screens and school work.
- Be creative! Balloon Volleyball is great!
- You can also complete the family workouts together or have a board game night.

It's Day 7. Aim to complete the following today!

SUNDAY: DAY 7

- Complete all your chores, rest up, pamper yourself and prepare for the week ahead.



**Ensure you are drinking at least 2L of water each day!
Staying hydrated keeps you healthy!**

EVERYDAY ACTIVITIES

IDEAS FOR EVERYDAY

- **Enjoy your backyard for at least 45 minutes a day;**
Whether it is to hang out washing, play with your pet, prune your front hedge or read. Do some gardening.
- **Play!**
Go outside and play with a ball; set up a ring; tie some rope between two trees for a net, get creative.
- **Build something!**
Work together as a family and create a cubby house or a sheet fort to have endless active fun away from your screens.
- **Help with chores!**
Activities like vacuuming and dusting can raise your heart rate above resting, which is where it will sit while you are completing desk work. Making it competitive for some siblings or between parents can add another element of enjoyment.
- **Keep away from screens**
Keep away from screens when you can and allow for breaks throughout the day away from work and stress. Enjoy lunch with your family at the dining table. No phones allowed, speak to each other and work on plans to do together while being at home.
- **Take a break!**
While watching TV or using other digital devices, stand up every 15 minutes and go for a little walk around the house. Lots of little acts make a big difference!
- **Stretch**
Complete some basic stretches regularly and jog on the spot or up and down in your hallway! Invite your pet to join you for fun!

VIDEO TUTORIALS

- **Bring Sally Up Push Up Challenge**
www.youtube.com/watch?v=41N6bKO-NVI
- **Bring Sally Up Squat Challenge**
www.youtube.com/watch?v=bql6sIU2A7k
- **Kids Workout at Home**
www.youtube.com/watch?v=8uUawnM-FD8
- **Baby Shark Challenge**
www.youtube.com/watch?v=LurCQ9XGkt0
- **Family Cardio Workout**
www.youtube.com/watch?v=5if4cj05nxo
- **15 Minute Dance Workout for all abilities**
www.youtube.com/watch?v=Rj2lubFfEqY
- **Full Body Zumba Workout for all abilities**
www.youtube.com/watch?v=bm4WZyH5p2I

APPS TO DOWNLOAD

Take a look at the following fitness apps.

Some of these will have in app purchases for you to buy more extensive exercises and workouts.

(For general health these are not necessary)

- Home Fitness Workout by GetFit
- Seven- 7 Minute Workouts
- Daily Workouts
- Smiling Mind (for Meditation)
- Stop, Breathe & Think Kids
- Cosmic Kids



HELPFUL TIP

Remember that there are plenty of exercise apps that you can download and enjoy at your own leisure.

FULL BODY WORKOUT

'WALKING LUNGE'

Purpose

To strengthen and stretch your leg muscles ready for the session, ensure these are done at the start and the end to help with recovery.

- Video Tutorial
www.youtube.com/watch?v=QFOBQS2W80k

Instructions:

- Take one step forward.
- Bend straight down at the waist.
- Keeping your back straight the entire time.
- Ensure your front knee does not go over your front foot.
- Aim to replicate the video.
- Hold at the bottom of the lunge for 2 seconds and swap; repeat 5-10 times on each leg depending on ability.

'BURPEES'

Purpose

This gets your heart pumping and really makes you feel like you're doing exercise. It will tire you, so please do not go past what your ability allows.

- Video Tutorial
www.youtube.com/watch?v=JZQA08SIJnM

Instructions:

- Begin in a crouched position as the picture shows.
- Jump out into a push up position.
- Then jump back in to the crouch.
- Complete a vertical jump.
- Go straight back down to a crouch and repeat.
- Crouch, push up position, crouch, vertical jump crouch, etc.
- Complete at least 5 and go up to 20 depending on how capable you are.

'MOUNTAIN CLIMBS'

Purpose

This exercise strengthens and stretches all leg muscles while raising your heart rate and working your aerobic system.

- Video Tutorial
www.youtube.com/watch?v=UOGvtqv856A

Instructions:

- Begin in a push up position.
- Bring one knee up to your chest and back down level with the push up position.
- Alternate at a speed that you feel comfortable with.
- Complete at least 15 on each leg, but do not exceed 30 on each leg.

'JUMP SQUATS'

Purpose

This will make your legs burn! All leg muscles and core muscles will be working hard!

- Video Tutorial
www.youtube.com/watch?v=AzI5tkCzDcc

Instructions:

- Begin standing, feet slightly wider than shoulder width apart.
- Bend at the knees and hip while keeping your back straight and looking straight ahead.
- Squat down to where the thighs are parallel with the ground.
- Spring up to jump as high as you can.
- Land softly and straight back to starting position.
- Complete this between 5 and 20 times.

'KNEE PUSH UPS'

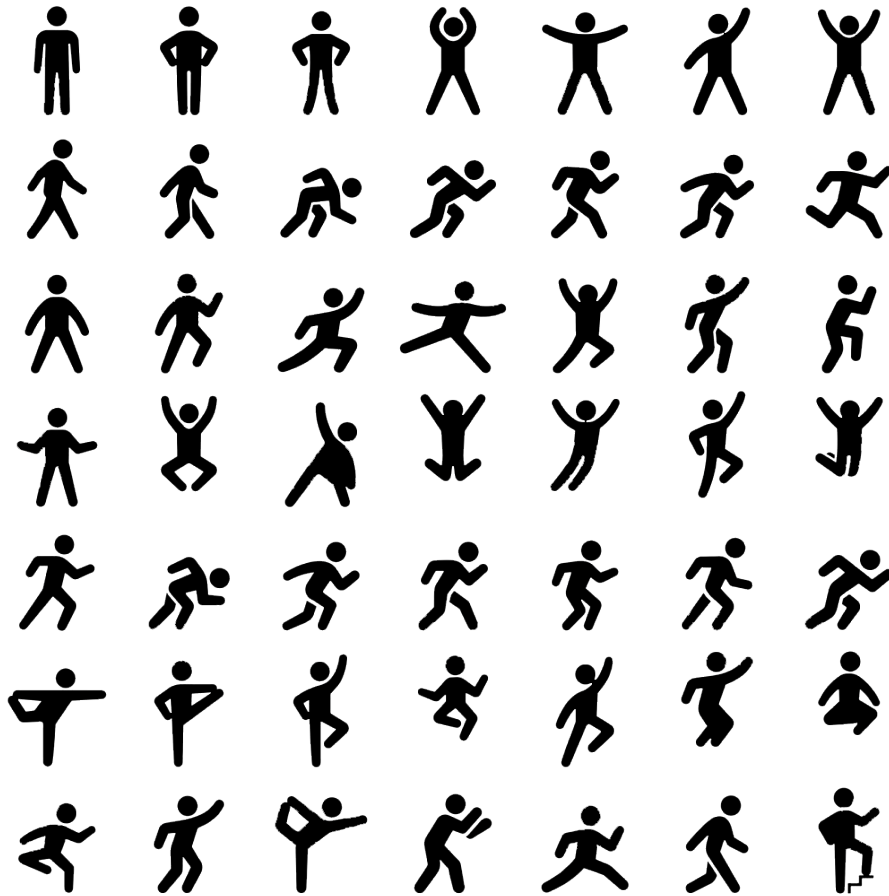
Purpose

To strengthen arm muscles and engage to core to assist with posture.

- Video Tutorial
www.youtube.com/watch?v=rjc007OXS3g

Instructions:

- Your knees must be shoulder width apart.
- Your entire body should be straight - have someone with you to help alter your positioning if needed.
- To complete the push; bend only at your elbows and shoulder until your chest is close to the ground.
- Push back up until your arms are straight.
- Do not lock your elbows!! This makes your joints weak and can easily lead to an injury.
- Complete at least 10 push ups but no more than 20 in each rotation.



Do up to three rotations of all exercises except for lunges and depending on what you feel comfortable with. Ensure that you have a 1 minute break between each exercise and each rotation.

QUICK YOGA SESSION

‘BE A BALLERINA’

Purpose

This will work your core (tummy) and improve your balance while strengthening your legs too.

Instructions:

- Stand on one leg.
- Bend the other knee and place the sole of your foot on your inner thigh.
- Sway like a tree, with your arms in a tee pee shape.
- Complete this for approximately 90 seconds then swap legs.

‘PRETEND TO BE A FROG’

Purpose

This pose works on your leg strength predominantly.

Instructions:

- Stand with your feet a little bit wider than shoulder width apart.
- Bend at the knees as low as you can without bending at the back or raising your heels off the ground.
- Bring your hands together.
- Hold this position for as long as you can. Don't forget to keep that back straight!

‘PRETEND TO BE A SEED’

Purpose

This relaxes the body and stretches the back through all areas. It improves the body's mobility and reduces tightness if completed regularly.

Instructions:

- Sit down on top of your heels, with the top of your feet flat on the ground. If this cannot be done, simply sit down as far as you can without too much discomfort.
- Begin to bend at the hips without lifting your bum any higher than where you started.
- Aim to touch your forehead on the ground.
- Ensure your arms are laying straight down the side of your legs in a relaxed position.
- Take your time with this. Feel your body relax and your back stretch out. Hold this position for at least 90 seconds, it can be held up to 3-5 minutes if you are feeling comfortable and your back is stretching comfortably too.

‘PRETEND TO BE A BUTTERFLY’

Purpose

This pose will stretch your inner thighs while relaxing your entire body. You can also stretch your arms simultaneously if you desire.

Instructions:

- Sit down.
- Bring the soles of your feet together.
- Bring both of your feet as close to your body as you can.
- Try not raise your knees. Keep them as close to the ground as you can.
- Feel the stretch and the pose for at least 30 seconds. Relax. Complete again for another 30 seconds, do this 3 or 4 times.

‘LEANING ARCHWAY’

Purpose

This stretches the back; parents and teachers who do not stretch often please skip over this exercise.

Instructions:

- Stand shoulder width apart.
- Slowly lean backwards onto your hands.
- Push up in to an arch way.
- Ensure your palms are facing the same way as your feet.
- Do not hold for more than 20 seconds.

‘LET’S BE A SEAL’

Purpose

This pose arches the back while engaging core muscles. Arm strength will also be enhanced by holding up the body. The upper legs are also being stretched while attempting to reach your head.

Instructions:

- Lay down on your stomach (not on your bed).
- Begin to push your head, shoulders and torso up with your arms.
- At the same time, bend at your knees.
- Try and get your toes to reach the back of your head.
- Get as far as you can with any discomfort. Hold for 30 seconds. Relax for 30 seconds. Repeat 3-5 times.



HELPFUL TIP

**Take regular breaks.
Stand up, stretch, have a healthy snack!**

HEALTHY SNACKS

HEALTHY BANANA PANCAKES

Ingredients

- 2 Eggs
- 1 Banana
- 1/2 cup Oats
- 1/4 cup Apple Sauce
- 1 tsp Vanilla Extract
- 1/2 tsp Cinnamon

Method:

Blend oats until ground. Add all other ingredients. Blend until smooth. Cook on an oiled pan til light brown.

PEANUT BUTTER PROTEIN BALLS

Ingredients

- 1/2 cup Peanut Butter
- 1/2 Oatmeal, ground
- 1/4 Honey
- 2 scoops Vanilla Protein Powder
- 1 tsp Vanilla Extract
- 1/2 cup chopped peanuts

Method:

Mix all ingredients in a bowl until a firm consistency is reached. Roll into desired sized balls and refrigerate.

VEGAN PROTEIN BALLS

Ingredients

- 3/4 cup Pitted Dates
- 2/3 cup Cashew Nuts
- 1 tbsp Smooth Almond Butter
- 2 tbsp Desiccated Coconut
- 3 tbsp Vegan Protein Powder
- 2 tbsp Cocoa Powder

Method:

Combine all ingredients in a blender until a firm consistency is reached. Roll into desired ball size and refrigerate.

VEGAN TRAIL MIX

Ingredients

- Goji Berries
- Almonds
- Vegan Chocolate Chips
- Sunflower Seeds
- Coconut Flakes
- Dried Apricots

Method:

Choose quantities that suit you and ratios that you prefer.

GREENDREAM SMOOTHIE

Ingredients

- 1 1/2 cups Spinach
- 1 cup Frozen Mango
- 1 cup Plain Yoghurt
- 1/2 cup Coconut Water

PEANUT BUTTER & JELLY SMOOTHIE

Ingredients

- 1 cup Frozen Strawberries
- 1 Banana
- 1/4 cup Peanut Butter
- 1 cup Milk

PINA COLADA SMOOTHIE

Ingredients

- 1 cup Pineapple
- 1 Banana
- 1 cup Coconut Milk
- 1 tbsp Shredded Coconut

SUPERFRUIT SMOOTHIE

Ingredients

- 1 cup Frozen Cherries
- 1 Kiwi Fruit
- 1 cup Almond Milk
- 1 tbsp Chia Seeds



Maintain a healthy diet.
It will make the exercise far easier.
Remember to include servings from all five food groups
each day. Vegetables, fruits, dairy, grains and meat.



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