

FITNESS WALKWAY



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Keeping fit whilst stuck at home can sometimes be a bit of a challenge. Create your own 'fitness walkway' around your home, meaning you can keep fit in a fun way!

A fitness walkway will take you through your house or garden, however along the way there will be challenges to complete. Set up the challenges using obstacles and pieces of paper with instructions.

Along your fitness walkway you might have a balance beam, hurdles to jump over, hopscotch, balance a book on your head, star jumps, press-ups and small challenges. Whatever activities you decide to place on your fitness walkway, they should get you active and moving. The more energy you burn the better!

Once you've designed and tested your fitness walkway, challenge other family members to give it a go. You could leave it in operation over the next few days and encourage everyone to get involved every time they pass through that part of the house.

Ask a grown-up to take a photo or video and share it.



WHAT YOU'LL NEED

- Paper
- Pen
- Obstacles



NOTES FOR PARENTS & CARERS

Please make sure the space and equipment used is safe and appropriate. An adult should initiate any contact with the BB group and/or share on social media.