



CESSNOCK HIGH SCHOOL

We are present, we are kind and we give our best.

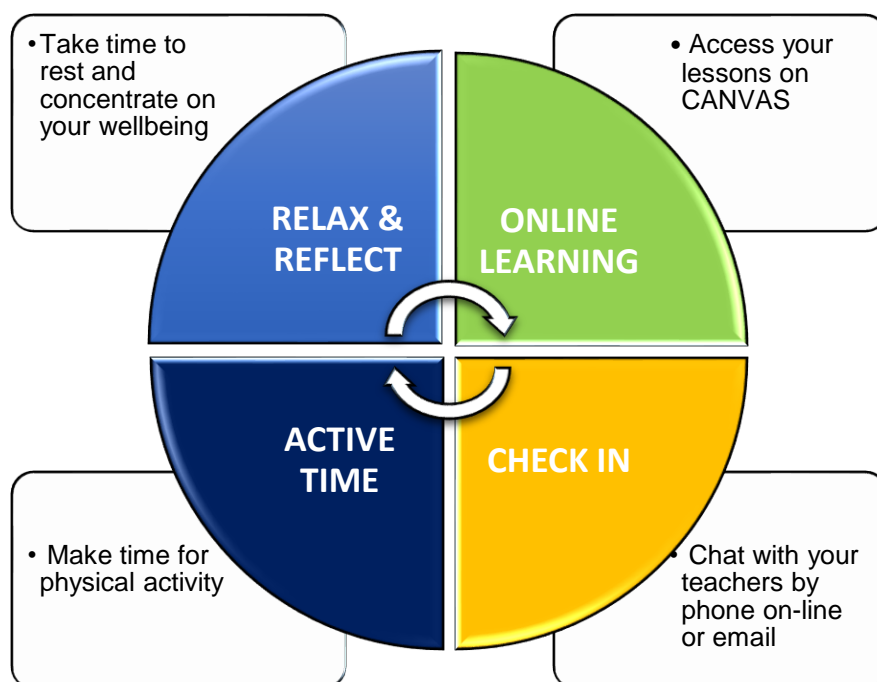
Principal
Mr Peter Riley

EST. 1937
What e'er you do, do well

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GUIDE FOR ACTIVE TIME



PHYSICAL ACTIVITY PLAN

PHYSICAL ACTIVITY CALENDAR

PHYSICAL ACTIVITY PLAN

Instructions:

Throughout Term 3 you are required to complete a minimum of 30 minutes physical activity each day. This can be completed at once or accumulated throughout the day. To support you with this, there are a variety of physical activity options below.

- You will need to fill in the blank squares with other physical activities you can complete whilst at home. Be creative! You may also wish to seek help from your family or search online for ideas.
- There is no set order to this and each day you can select the activities you wish to participate in.
- A calendar has been provided for you (on the following page) so you can record your physical activity. You will be required to submit this to your teacher _____ by _____.

There are many benefits of being physically active, particularly during these challenging times. Check out this information from VicHealth: www.vichealth.vic.gov.au/be-healthy/exercise-covid-19

Have fun, be active, stay safe and healthy!

Beyonce – Let's Move Your Body Dance: youtu.be/TimvpO7TzM_A and youtu.be/hDYN_KK-3_E		Basketball Drills: With Melbourne United: www.youtube.com/playlist?list=PL6iKDROOPIFnuMe_eOshDQTpMBPGaW92-		Jump rope workout: www.fitnessblender.com/videos/quick-sweatcardio-fat-burn-funjump-rope-workout
	Pop Sugar Workout: Select a workout of interest: www.youtube.com/user/popsugartvfit/featured		NetFit Netball: Select a workout of interest: www.youtube.com/playlist?list=UU_eTdspLsXPBW3Qq-Y5MHng	
Nike Training Club app: Select a workout of interest: www.nike.com/au/ntcapp		30-Minute At-Home Boxing Workout: youtu.be/jCTEVKRTuS8		28 by Sam Wood: Live daily workouts: www.facebook.com/samwood28/
	Darebee Workout: Select a workout of interest: darebee.com/workouts.html		Down Dog App: Select an app and workout of interest: www.downdogapp.com	
Tennis Drills: youtu.be/AVx7qLZQaRQ		Fitness Blender: Select a workout of interest by using the filters: www.fitnessblender.com/videos		Yoga with Adriene: Select a yoga workout of interest: yogawithadriene.com/free-yoga-videos
	Go for a run with the Zombies, Run! App: apps.apple.com/au/app/zombiesrun/id503519713		Les Mills At Home Workouts: Select a workout of interest: watch.lesmillsondemand.com/at-homeworkouts/season:1	
Soccer Ball Mastery Workouts: youtu.be/U3N_qXaqrI or youtu.be/VguvE8aiWd4		Sworkit for Kids: Select a workout of interest: app.sworkit.com/collect/ions/kids-workouts		Family Dance Challenge: Create your own dance: www.youtube.com/watch?v=SOjwAL9Docg
	Nutbush Plank Workout: youtu.be/D6BMvhZ_T8_E		Chair Workout: youtu.be/J2YK_zwb20A	

PHYSICAL ACTIVITY CALENDAR

Name:

Form:

Date:

Instructions:

Fill in the physical activities you complete each day in Term 3. Identify how long you were active for each day.

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					