

Keeping Active Whilst Home Learning



Minutes

it's great for home workers too!



Before you start school try & go for a short walk or do some activity to wake you up. [Click here for ideas.](#)



If you start to lose concentration whilst learning then get up and do a 60 second challenge. [Click here for ideas.](#)



Between topics or lessons try to do 10 minutes of activity. [Click here for ideas.](#)

Plan to go outside at least once a day



After school try to do 30 minutes of activity, walk or cycle. [Click here for ideas.](#)

Use walks as an opportunity to talk through the day!