

CBS Physical & Mental Well-Being

Home Challenges Week 1

Mon 11th – 18th January 2021

KEEPING PUPILS & STAFF FIT AND HEALTHY AT HOME!

PHYSICAL HEALTH AND WELL-BEING

HIIT Home Workout for Beginners - <https://www.youtube.com/watch?v=q20pLhdoEoY>

CHALLENGE- Complete circuit twice this week

Core Challenge - <https://www.youtube.com/watch?v=b7Kpr46OjtQ>

CHALLENGE- Complete circuit twice this week



EMOTIONAL HEALTH AND WELL-BEING

The reasons why looking after our mind is important (10 mins)

- <https://youtu.be/qzR62JJCMBO>

WATCH AND LEARN HOW TO LOOK AFTER YOUR MIND!

TV Challenge - Watch a TV programme, DVD or You Tube Clip which makes you laugh!

SOCIAL HEALTH AND WELL-BEING

Home Challenge – Be kind and make someone else in your home a cup of tea or a cup of coffee.

<https://www.youtube.com/watch?v=AB9a-el0QIs>



DAILY PHYSICAL CHALLENGE

Do 20 press-ups & 20 sit-ups every morning and every night.

PERFECT PRESS-UP - <https://www.youtube.com/watch?v=IODxDxX7oi4&t=23s>

PERFECT SIT-UP - <https://www.youtube.com/watch?v=jDwoBqPH0jk>

