



Physical activity and healthy living challenges

1. Complete a Yoga PE with Adriene body, heart and mind video:
 - Mind: <https://www.youtube.com/watch?v=ZK2XBduF84I>
 - Body: <https://www.youtube.com/watch?v=47Se2HWSv9k>
 - Heart: https://www.youtube.com/watch?v=H0ZqRJWd_sg

2. Try and make a healthy smoothie for breakfast or after school. What is your one going to taste like?
 - <https://www.bbcgoodfood.com/recipes/collection/smoothie-recipes>

3. Find a healthy recipe and cook a meal all together.
 - <https://www.nhs.uk/change4life/recipes>

4. Choose a fun indoor 10-minute shake up activity inspired by Disney and Pixar characters.
 - <https://www.nhs.uk/10-minute-shake-up/shake-ups>

5. At home Daily Mile: can you run, walk, jog or cycle for a mile or more? How many miles can you do? How fast can you go?
 - <https://thedailymile.co.uk/at-home/>

6. Relax before bedtime: can you find a mindfulness/relaxation video to do just before you go to bed. How deeply can you breathe?
 - <https://www.cosmickids.com/category/watch/>

Can you come up with your own challenge to try out with your family or friends?

Share these with your friends and adults at school: take pictures and bring them in or send them to your class teacher so we can create a whole-school display about the importance of staying physically healthy.

UCPS TEAM