



**STAY HOME**

**STAY FIT!!**



**Home Workout Guide**  
for  
**Children & Parents**

# COVID-19 School Closures

We are all trying to keep our kids healthy, engaged and active amidst of Coronavirus – related school closures. To help our families, we have prepared a short guide not just for children but even adults who may want to get benefitted of a physical regime. These require limited space & supervision. It has 3 sections, activities for children

- < 8 yrs
- 8+ - <11 years and
- 11+ years

We encourage parents to do these workouts with your little ones and innovate / improvise to make it even more interesting!!

# Age Group : <8 yrs

1. Hop & Jump : Both Feet together. Gradually, Hop & Jump on one leg

2. Toe Walk – Camel Walk – Frog Jump – Crab walk



# Light warm up before starting is essential. # Each activity to be done for 8-10 repetition

# Give 20-30 seconds break between each activity. # Any Sequence can be followed.

# Elders / Parents should also do it along with Children # Parents should choose exercises based on their judgement of their child's ability

# Age Group : <8 yrs

## 4. Ball Controlling



Balance On Stomach (10 sec)



Holding with Toes (10 sec)



Holding with Knees (10 sec)

## 5. Agility exercise



Jumping Jacks



Sit ups



Back Lifts



Bridge Pose

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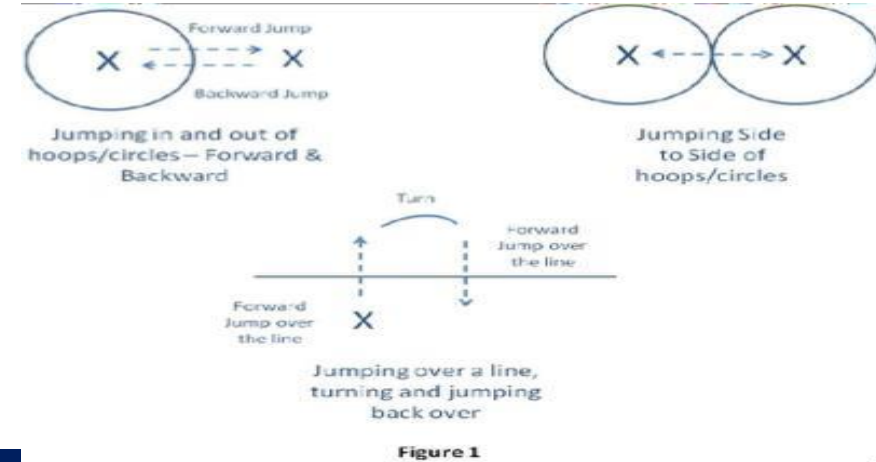
# Age Group : 8+ - <11 yrs

## 1. Jumping

Jumping over a line, turning and jumping back over

Jumping in & out of hoops / circles – backward and forward

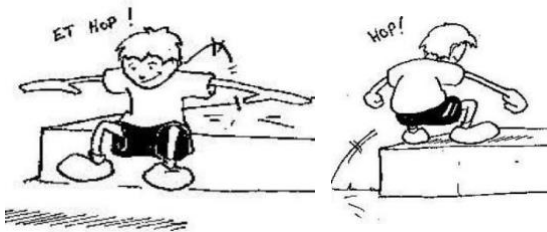
Jumping side to side of the hoops / circles



## 2. Strengthening exercises – Legs

Stand still with one foot on the floor and eyes closed for 10 sec without losing balance. Now try the other leg

Squats – 10 nos



Jumps - Lower Down and Take off



Stand on one foot and do 5 mini - squats



# Light warm up before starting is essential. # Each activity to be done for 8-10 repetition

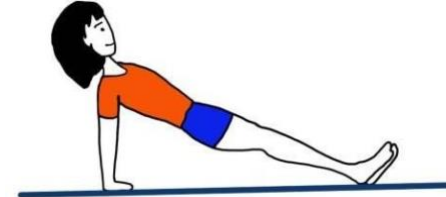
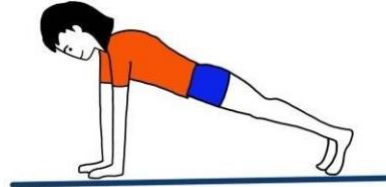
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# Age Group : 8+ - <11 yrs

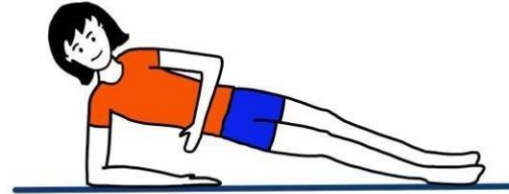
## 3. Strengthening exercises - Core

Bridge position (Hold 8-10 sec)

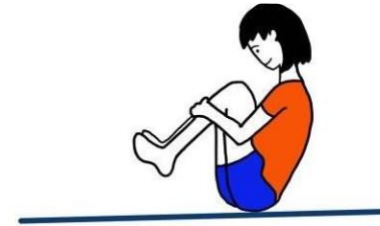


Back up position (Hold 8-10 sec)

Slide Plank (Hold 8-10 sec)



Knees to Chest Press (Hold 8-10 sec)



## 4. Strengthening exercises – Shoulders & Arms

Pull Ups – 5 secs



Push Ups – 10 nos



Full Arm Slide Plank



Push up – Plank – Shoulder Touch



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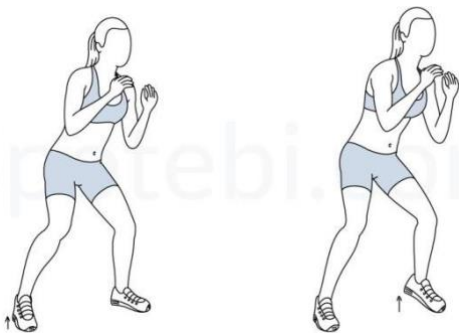
# Age Group : 11+ yrs

## Warm Up Daily

### # Skipping



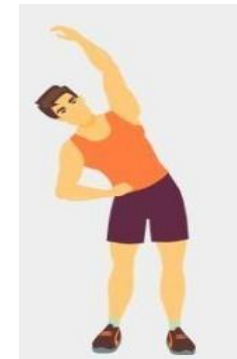
### # Toe Tapping



### # Shoulder & Arm Rotation



### # Side Bends and Waist rotation



# Age Group : 11+ yrs

1

- # Single Leg Hops & Jumps
- # Back Ups
- # Heel Touches
- # Alternate Bicycle



Bicycle Crunch



2

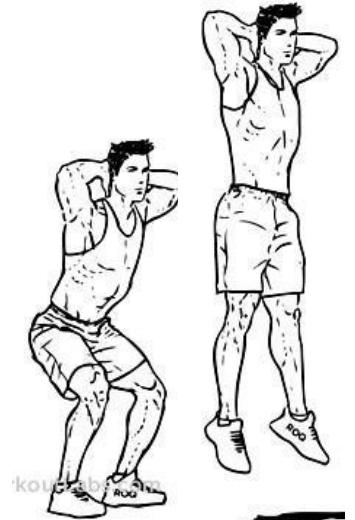
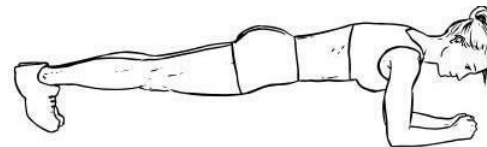
- # Inch worm
- # Jump Squats
- # Spiderman Crawl
- # Leg raise- swing exercise 90 degree (feet should touch the ground)



Walk forward with hands

Core tight, chest forward

Lift hips and walk legs in

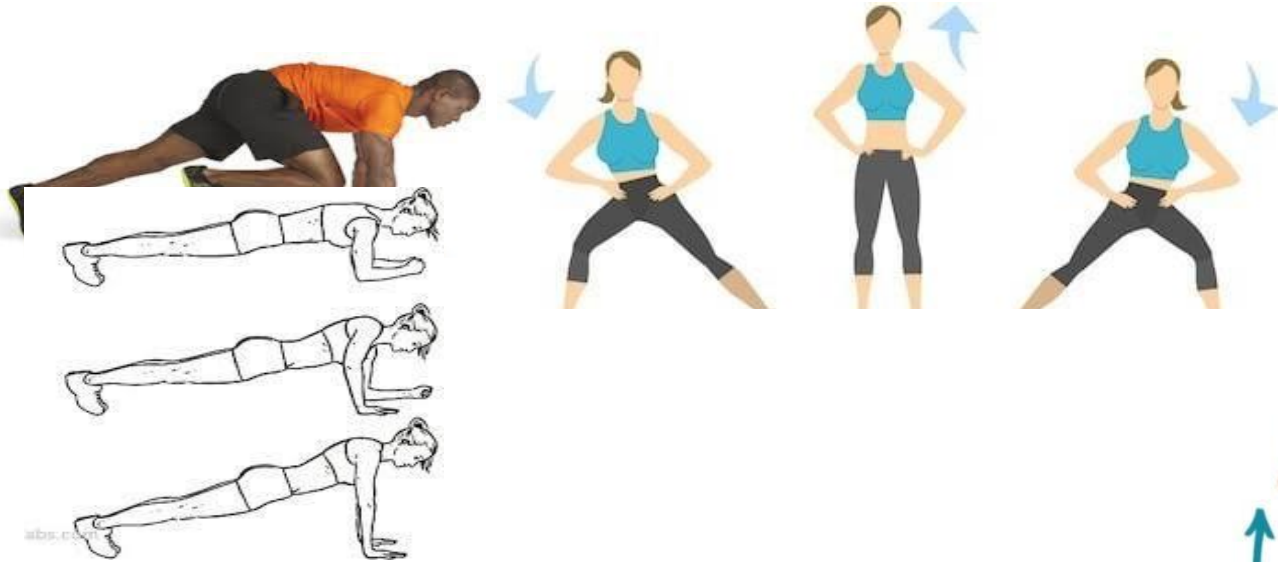




# Age Group : 11+ yrs

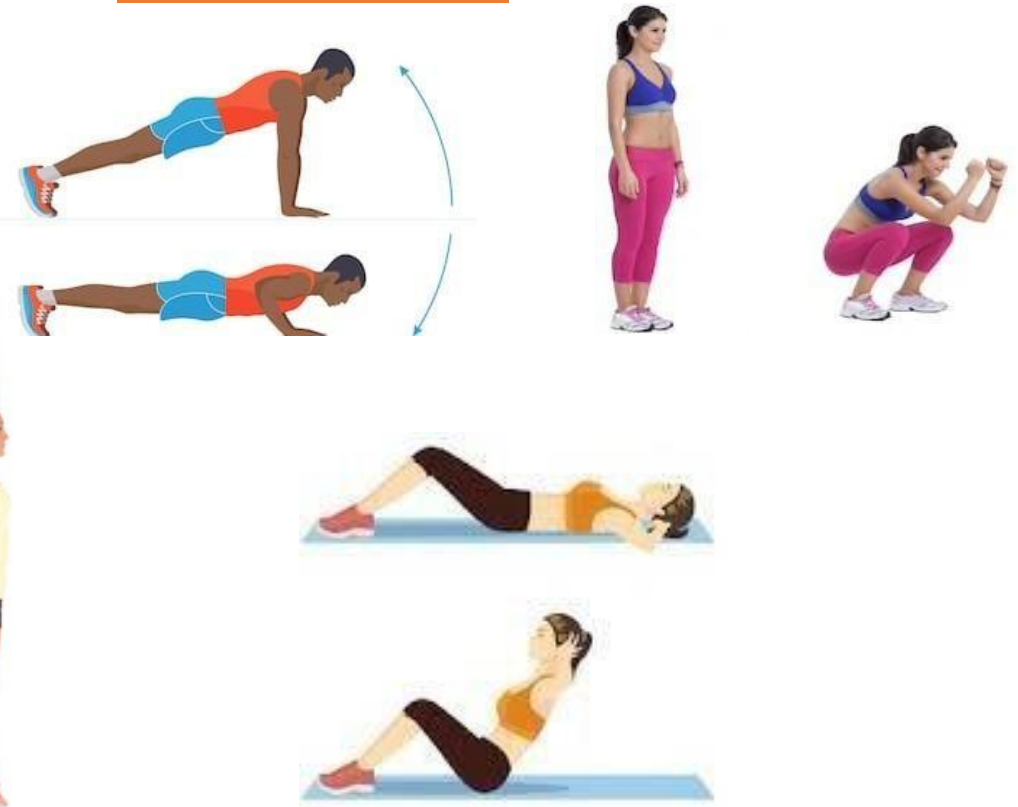
3

- # Mountain Climbers
- # Side Lunges
- # Push Up – Plank Hold
- # Burpees



4

- # Push Ups
- # Full Squats
- # Sit Ups
- # Alternate Lunges



# Message

**We are providing you Physical fitness workout pdf file in Corona lockdown crisis. You have to do this every morning or evening in summer vacation. It is good for your health and fitness.**