

THE DEVONSHIRE DAILY WORKOUT – by Mr Wall

Try this workout every single morning whilst schools are closed.

Video yourself doing the workout each morning and upload it onto Class Dojo.

Every day you upload your workout onto Class Dojo you will receive 2 dojo points from Mr Wall. If you can get your adults and brothers and sisters involved also, you will get 3 dojo points. If you upload your workout video every day you will get an extra 5 dojo points. The child who posts the most workouts in total will win a special prize when we return to school.

Mr Wall will upload a video onto Dojo explaining and showing all of these exercises if you do not know them (which you should!).

1. Mountain Climbers

Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross.

2. Star Jumps

Stand tall and then jump into the air, expanding your legs and your arms so that you look like a large "X" in the air - repeat.

3. Push Ups

Straightforward and to the point. Just be sure your hands are in line with your pectorals and your bottom isn't arched in the air. Drop to your knees if this is difficult.

4. Sit Ups

Feel free to tuck your toes under the sofa or coffee table if you need a bit of support, or ask your adult to hold your feet and vice versa.

5. Squats

To do this one, stand with your feet shoulder's width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.

6. Leg Raises

Lay on your back and lift your legs without bending at the knee. Try to hold at the top. Be careful to not let your lower back arch.

7. Planks

Elbows on the floor and balanced on your tiptoes, go eye-to-eye and see who can last the longest. 30 seconds is considered the gold standard. For fun, ask your smallest child to sit on your back and see how long you last.

8. Butterfly Kicks

Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor - as the move gets more difficult the closer the action is to the floor.

Also look out for Workout videos that Mr Wall will upload to Class Dojo and Facebook regularly to help keep us all active and as healthy as possible during the school closures.