



Roselands Primary School



Education
Trust

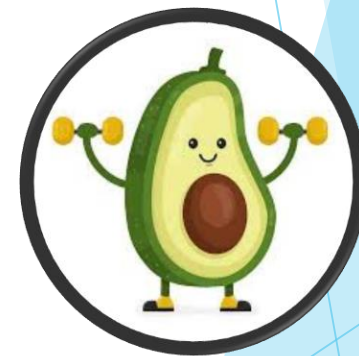
Roselands Primary School

Physical Activity for Mental Health

We bring you a selection of workouts to complete at home or in school. Activities are aimed for different age groups but all appropriate for primary aged children (and adults) to take part in. We hope these activities bring families together or for individual children to challenge themselves and to promote a positive mental health.

Select a fitness type, then select your workout.

#staystrong #stayhealthy
#mentalhealthawarenessweek



Things to remember...

- REMEMBER TO WARM UP AND STRETCH BEFORE COMPLETING ANY PHYSICAL ACTIVITY. EXAMPLES OF THESE CAN BE SEEN IN THE LINKS. THIS HELPS TO PREPARE THE BODY FOR PHYSICAL ACTIVITY AND HELPS AVOID INJURY.
- KNOW YOUR LIMITS - IT'S IMPORTANT NOT TO OVER DO IT AND NOT TO INJURE YOURSELF!
- COOL DOWN AFTER ALL ACTIVITY. EXAMPLES OF THESE CAN BE SEEN IN THE LINKS. THIS HELPS TO REMOVE LACTIC ACID AND HELP PREVENT MUSCLE SORENESS.
- STAY HYDRATED BEFORE, DURING AND AFTER YOUR WORKOUT!

CLICK ON THE TYPE OF EXERCISE YOU ARE
LOOKING FOR. THIS WILL TAKE YOU TO A LINK TO
ACCESS A NUMBER OF WORKOUTS...

WARM UPS

COOL DOWNS

STRETCHES

THE BODY COACH

PE WITH JOE

HIIT

JUST DANCE

ZUMBA

TABATA

CARDIO

FAT BURNERS

BOOTCAMP

SENIORS

CHALLENGES

LEGS, BUMS & TUMS

ABS

LEGS

ARMS

KETTLEBELL WORKOUTS

5 MINUTE MOVES

YOGA

PILATES

MEDITATION

MINDFULNESS



Next

**CLICK ON THE TYPE OF EXERCISE YOU ARE
LOOKING FOR. THIS WILL TAKE YOU TO A LINK
TO ACCESS A NUMBER OF WORKOUTS...**



LADDER SETS

NEW FOOTBALL SKILLS

NEW NETBALL SKILLS

NEW BASKETBALL SKILLS

NEW CRAZY CATCH



Warm Up



CLICK THE PICTURE TO ACCESS THE VIDEO...



5-MINUTE WARM UP FOR AT-HOME WORKOUTS



ZUMBA WARM UP ROUTINE FOR BEGINNERS



10-MINUTE WARM UP FOR AT-HOME WORKOUTS



WARM UP BY LESSIER HERRERA - ZUMBA



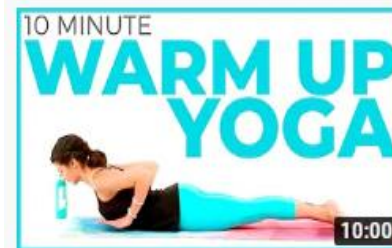
HOW TO WARM UP BEFORE A HIIT SESSION - THE BODY COACH



BASIC YOGA WARM UP



5-MINUTE WARM UP FOR AT-HOME WORKOUTS



10 MIN PRE WORKOUT YOGA WARM UP

Cool Down



CLICK THE PICTURE TO ACCESS THE VIDEO...



FAST 5 MINUTE
COOL DOWN AND
STRETCHING



ZUMBA FITNESS -
COOL DOWN



HOW TO COOL
DOWN AFTER A
HIIT SESSION



5 MINUTE FOLLOW
ALONG POST RUN
COOL DOWN



HOW TO COOL
DOWN AFTER
EXERCISE



10 MIN COOL
DOWN ROUTINE



TOTAL BODY COOL
DOWN



10 MIN BASIC
YOGA COOL DOWN

Stretches



CLICK THE PICTURE TO ACCESS THE VIDEO...



POST - WORKOUT
STRETCHING



AB STRETCHES



AFTER WORKOUT
STRETCH ROUTINE



QUAD STRETCHES



8 MINUTE AFTER
WORKOUT
STRETCHING
VIDEO



LOWER BACK
STRETCHES



10 MIN MORNING
YOGA FULL BODY
STRETCH



25 STATIC
STRETCHES

YoGa



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MINUTE
MORNING YOGA
FOR BEGINNERS



30 MIN BEGINNER
YOGA



FULL BODY FLOW



YOGA JOY - FULL
BODY VINYASA



20 MIN FULL BODY
STRETCH/YOGA
FOR STRESS &
ANXIETY



15 MINUTE
CALMING YOGA
FOR STRESS
RELIEF & ANXIETY



YOGA FOR KIDS
WITH ALISSA
KEPAS



OFFICE BREAK
YOGA

Fat Burners



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MINUTE
INTENSE FAT
BURNER



7 MINUTE FAT
BURNING
MORNING ROUTINE



15 MINUTE FAT
BURNING HIIT
WORKOUT



KILLER 10 MINUTE
FAT BURNING
BODYWEIGHT
WORKOUT



15 MINUTE HOME
FAT BURNER



15 MIN FAT
BURNER



INTENSE 25 MIN
FULL BODY FAT
BURNING
WORKOUT



FULL BODY FAT
BURNING
WORKOUT

Cardio



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MIN CARDIO
WORKOUT AT
HOME



25 MINUTE
INTERVAL CARDIO
WORKOUT FROM
HOME



30 MINUTE
STANDING CARDIO
WORKOUT



LOW IMPACT 30
MINUTE CARDIO
WORKOUT -
BEGINNERS



30 MINUTE HIIT
CARDIO WORKOUT



AT HOME CARDIO -
NO RUNNING



KILLER HIIT
CARDIO WORKOUT



LOW IMPACT HIIT
CARDIO + LEGS
WORKOUT

Pe With Joe

Next



CLICK THE PICTURE TO ACCESS THE VIDEO...



MONDAY - 23RD
MARCH



FRIDAY - 27TH
MARCH



TUESDAY - 24TH
MARCH



MONDAY - 30TH
MARCH



WEDNESDAY - 25TH
MARCH



TUESDAY - 31ST
MARCH



THURSDAY - 26TH
MARCH



WEDNESDAY - 1ST
APRIL

Back

Pe With Joe

Next



CLICK THE PICTURE TO ACCESS THE VIDEO...



THURSDAY – 2ND APRIL



WEDNESDAY – 8TH APRIL



FRIDAY – 3RD APRIL



THURSDAY – 9TH APRIL



MONDAY – 6TH APRIL



FRIDAY – 10TH APRIL



TUESDAY – 7TH APRIL



MONDAY – 13TH APRIL

[Back](#)

Pe With Joe

[Next](#)



CLICK THE PICTURE TO ACCESS THE VIDEO...



**TUESDAY – 14TH
APRIL**



**MONDAY – 20TH
APRIL**



**WEDNESDAY – 15TH
APRIL**



**TUESDAY – 21ST
APRIL**



**THURSDAY – 16TH
APRIL**



**WEDNESDAY – 22ND
APRIL**



FRIDAY – 17TH APRIL



**THURSDAY – 23RD
APRIL**

[Back](#)

Pe With Joe

[Next](#)



CLICK THE PICTURE TO ACCESS THE VIDEO...



FRIDAY – 24TH APRIL



THURSDAY – 30TH APRIL



MONDAY – 27TH APRIL



FRIDAY – 1ST MAY



TUESDAY – 28TH APRIL



MONDAY – 4TH MAY



WEDNESDAY – 29TH APRIL



TUESDAY – 5TH MAY



Pe With Joe



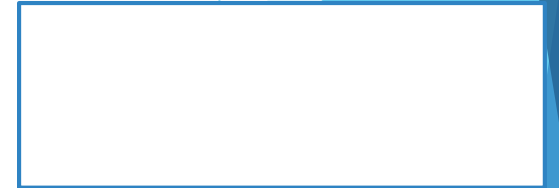
CLICK THE PICTURE TO ACCESS THE VIDEO...



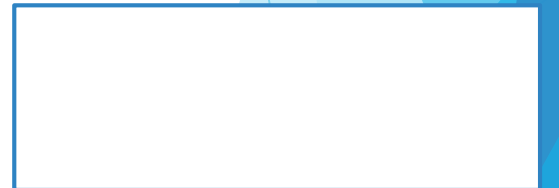
**WEDNESDAY – 6TH
MAY**



THURSDAY – 7TH MAY



FRIDAY – 8TH MAY



Legs, Bums & Tums



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MINUTE LEGS,
BUMS & TUMS
WORKOUT



LEGS, BUMS &
TUMS FULL CLASS



25 MINUTE LEGS &
BUM WORKOUT



15 MINUTE LEGS,
BUMS & TUMS HIIT
WORKOUT



LEGS, BUMS &
TUMS WORKOUT



LIFE LEISURE
HOME WORKOUT -
30 MINS LEGS,
BUMS & TUMS



DANCE FITNESS
WORKOUT - LEGS,
BUMS & TUMS



8 MINUTE LEGS,
BUMS & TUMS
WORKOUT

Abs



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MIN LOWER ABS



10 MINUTE ABS
BLASTER



5 MINUTE ABS



6 MINUTE ABS



7 MINUTE ABS
WORKOUT



8 MINUTE ABS
WORKOUT



5 MINUTE ABS
BLASTER



20 MINUTE ABS
WORKOUT

HiIT



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MIN FULL BODY
BEGINNER HIIT
WORKOUT



10 MIN HIT
CARDIO WORKOUT
FROM HOME



35 MINUTE FULL
BODY HOME HIIT



20 MINUTE HOME
HIT WORKOUT
WITH BEN DAVIE



LOW IMPACT FULL
BODY HIT
WORKOUT



BEGINNER HIIT -
10 MINUTES



20 MINUTE FULL
BODY HOME HIIT



FULL BODY FAT
BURN HIT

5 Minute Move



CLICK THE PICTURE TO ACCESS THE VIDEO...



5 MINUTE MOVE -
KIDS WORKOUT 1



5 MINUTE MOVE -
KIDS WORKOUT 5



5 MINUTE MOVE -
KIDS WORKOUT 2



5 MINUTE MOVE
FEATURING
OLIVER



5 MINUTE MOVE -
KIDS WORKOUT 3



5 MINUTE MOVE
FEATURING NOAH
& JESSIE



5 MINUTE MOVE -
KIDS WORKOUT 4



5 MINUTE MOVE
FEATURING BETSY

Meditation



CLICK THE PICTURE TO ACCESS THE VIDEO...



**MEDITATION FOR
INNER PEACE**



**DAILY CALM – BE
PRESENT**



**MEDITATION FOR
ANXIETY**



**DAILY CALM – SELF
SOOTHING**



**7 MIN MEDITATION
TO START YOUR DAY**



**DAILY CALM –
LETTING GO**



**5 MINUTE
MEDITATION**



**DAILY CALM –
FORGETTING TIME**

Pilates



CLICK THE PICTURE TO ACCESS THE VIDEO...



TOTAL BODY PILATES



LEVEL 1 PILATES MAT CLASS



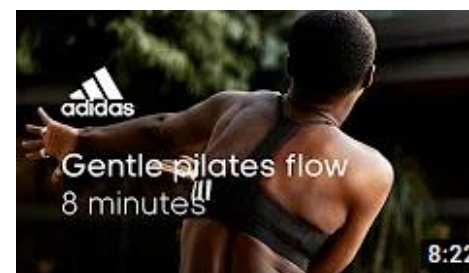
MORNING PILATES ROUTINE



RESTFUL NIGHTS SLEEP PILATES ROUTINE



PILATES FULL BODY WORKOUT 45 MINS



8 MIN GENTLE PILATES FLOW WITH ISA-WELLY



10 MINUTE TOTAL BODY PILATES



10 MIN PILATES WORKOUT WITH LOTTIE MURPHY

Zumba



CLICK THE PICTURE TO ACCESS THE VIDEO...



ZUMBA KIDS (EASY DANCE)



ZUMBA KIDS – OLD TOWN ROAD



ZUMBA FITNESS CARDIO WORKOUT



HOME WORKOUT – 20 MIN ZUMBA CLASS



ZUMBA DANCE WORKOUT FOR BEGINNERS



20 MINUTES STRONG BY ZUMBA



30 MINUTE STRONG BY ZUMBA



STRONG BY ZUMBA 30 MIN CLASS

Tabata



CLICK THE PICTURE TO ACCESS THE VIDEO...



**15 MINUTES FAT
BURNING TABATA
WORKOUT**



**TABATA FOR
BEGINNERS – LOW
IMPACT**



**30 MINUTE TABATA
SESSION**



**10 MINUTE TABATA
WORKOUT TO SWEAT
AWAY STRESS**



**12 MINUTE FULL
BODY TABATA**



**BODYWEIGHT TABATA
WORKOUT**



**BEGINNER TABATA
WORKOUT**



**HOME TABATA
WORKOUT – MMA
WORKOUT**

BootCamp



CLICK THE PICTURE TO ACCESS THE VIDEO...



30 MINUTE NO -
EQUIPMENT
BODYWEIGHT
BOOTCAMP



15 MINUTE
BEGINNER
BOOTCAMP



15 MINUTE
BOOTCAMP STYLE
WORKOUT



15 MINUTE
BOOTCAMP
WORKOUT



8 MINUTE
BOOTCAMP
WORKOUT



MILITARY
BOOTCAMP



45 MINUTE NIKE
BOOTCAMP
WORKOUT



15 MINUTE TOTAL
BODY BOOTCAMP

Just Dance



CLICK THE PICTURE TO ACCESS THE VIDEO...



JUST DANCE -
WAKA WAKA THIS
TIME FOR AFRICA



JUST DANCE -
UPTOWN FUNK



JUST DANCE -
STARSHIPS



JUST DANCE -
CRAZY IN LOVE



JUST DANCE - EYE
OF THE TIGER



JUST DANCE -
MACARENA



JUST DANCE -
DESPACITO



JUST DANCE -
WANNA BE

Kettlebell workouts



CLICK THE PICTURE TO ACCESS THE VIDEO...



BEGINNERS
KETTLEBELL
WORKOUT



20 MINUTE
KETTLEBELL
WORKOUT



25 MINUTE
KETTLEBELL
WORKOUT



15 MIN FULL BODY
KETTLEBELL
WORKOUT



10 MINUTE
KETTLEBELL
WORKOUT



20 MINUTE
KETTLEBELL
WORKOUT



15 MINUTE FULL
BODY KETTLEBELL
FAT BURNER



KETTLEBELL ARM
WORKOUT

The Body Coach

[Next](#)



CLICK THE PICTURE TO ACCESS THE VIDEO...



7 DAYS OF SWEAT
- DAY 1



7 DAYS OF SWEAT
- DAY 5



7 DAYS OF SWEAT
- DAY 2



7 DAYS OF SWEAT
- DAY 6



7 DAYS OF SWEAT
- DAY 3



7 DAYS OF SWEAT
- DAY 7



7 DAYS OF SWEAT
- DAY 4



20 MINUTE HIT
WORKOUT

Back

The Body Coach



CLICK THE PICTURE TO ACCESS THE VIDEO...



7 DAYS OF SWEAT 2 –
DAY 1



7 DAYS OF SWEAT 2 –
DAY 5



7 DAYS OF SWEAT 2 –
DAY 2



7 DAYS OF SWEAT 2 –
DAY 6



7 DAYS OF SWEAT 2 –
DAY 3



7 DAYS OF SWEAT 2 –
DAY 7



7 DAYS OF SWEAT 2 –
DAY 4



30 MINUTE HIIT – NO
EQUIPMENT

Arms



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MIN TONED
ARMS WORKOUT



TONE YOUR ARMS
WORKOUT



5 MINUTE ARM
WORKOUT



12 MINUTE
BEGINNER ARM
WORKOUT



ARM TONING &
STRENGTH
WORKOUT



5 MINUTE ARM
WORKOUT



BARRE ARM
WORKOUT



BARRE FITNESS -
ARM WORKOUT

Legs



CLICK THE PICTURE TO ACCESS THE VIDEO...



20 MIN AT HOME
LEG WORKOUT



AT HOME LEG DAY
WORKOUT



HOME LEG
WORKOUT -
FOLLOW ALONG



17 MIN HOME LEG
WORKOUT
ROUTINE



10 MINUTE LEG
WORKOUT



10 MINUTE
BODYWEIGHT LEG
ROUTINE



LEG WORKOUT
WITHOUT
WEIGHTS



LEG & GLUTE
WORKOUT

Seniors



CLICK THE PICTURE TO ACCESS THE VIDEO...



10 MINUTE HOME
WORKOUT FOR
SENIORS



20 MIN EXERCISE
FOR SENIORS



10 MINUTE CHAIR
WORKOUT FOR
SENIORS



30 MINUTE SENIOR
ZUMBA



7 MINUTE YOGA
FOR OLDER
ADULTS



DAILY STRETCHES
FOR SENIORS



15 MINUTE SENIOR
WORKOUT



15 MINUTE SENIOR
WORKOUT

Mindfulness



CLICK THE PICTURE TO ACCESS THE VIDEO...



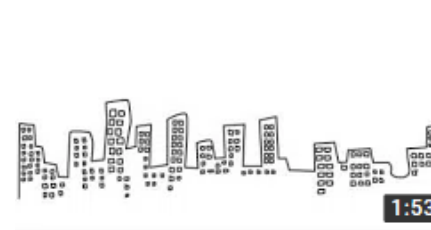
MINDFUL
BREATHING



MINDFULNESS
MEDITATION FOR
KIDS



3 MIN MINDFUL
BREATHING



2 MINUTE
MINDFULNESS



QUICK STRESS &
ANXIETY
REDUCTION



SIMPLE
MINDFULNESS
EXERCISE



MINDFUL
BREATHING



5 MINUTE
MINDFULNESS
BREATHING

challenges



CLICK THE PICTURE TO ACCESS THE VIDEO...



BABY SHARK ABS
CHALLENGE



CHA CHA SLIDE
PLANK CHALLENGE



BRING SALLY UP -
PUSH UP
CHALLENGE



BRING SALLY UP -
SQUAT CHALLENGE



BRING SALLY UP -
LUNGE
CHALLENGE



BRING SALLY UP -
LEG RAISES
CHALLENGE



BRING SALLY UP -
ABS CHALLENGE



BRING SALLY UP -
GLUTE BRIDGE
CHALLENGE

Ladder Sets



CLICK THE PICTURE TO ACCESS THE VIDEO...



**TOTAL BODY NO
EQUIPMENT LADDER
CIRCUIT**



**HIIT WORKOUT
GAME. FAT BURNING
LADDER**



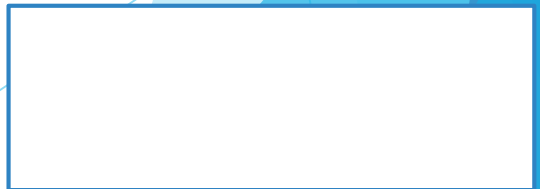
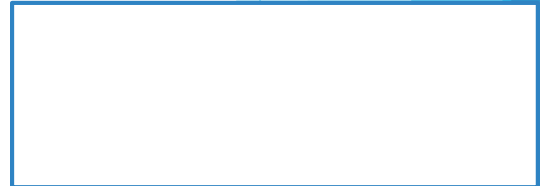
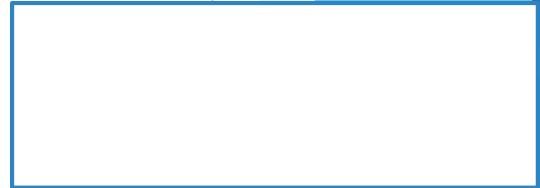
**BRUTAL HOME HIIT
WORKOUT LADDER
WORKOUT**



**25 MINUTE LADDER
HIIT**



**20 MINUTE LADDER
WORKOUT**



Football Skills



CLICK THE PICTURE TO ACCESS THE VIDEO...



**AT HOME: BALL
CONTROL, FOOTWORK
AND PASSING DRILL**



**CLOSE CONTROL
DRILL**



**SMALL SPACE
DRILLING DRILLS**



SHOOTING DRILLS



FREESTYLE SKILLS



5 SHOOTING DRILLS



FAST FEET DRILLS



**HOW TO TRAIN ON
YOUR OWN**

Netball Skills



CLICK THE PICTURE TO ACCESS THE VIDEO...



BALL SKILLS AT HOME



BALL AND WALL SKILLS



WALL SKILLS



SHOOTING PRACTICE



NETBALL DRILLS



CHANGING DIRECTION AND AGILITY



BALL SKILLS



GET AROUND A 3FT MARKER

Basketball Skills



CLICK THE PICTURE TO ACCESS THE VIDEO...



**HANDLING,
SHOOTING AND
FOOTWORK**



**DAILY DRIBBLING
DRILLS**



**HOME BASKETBALL
DRILLS**



INDIVIDUAL DRILLS



SHOOTING DRILLS



**SHOOTING DRILLS
WITHOUT A HOOP**



DRIBBLING DRILLS



**IMPROVE YOUR
LAYUPS WITHOUT A
HOOP**

Crazy Catch



CLICK THE PICTURE TO ACCESS THE VIDEO...



**NETBALL HAND
REACTIONS & SPEED
DRILLS**



NETBALL DRILLS



**CRICKET FIELDING
DRILLS**



HOCKEY DRILLS



**FOOTBALL
GOALKEEPING DRILLS**



FOOTBALL DRILLS



RUGBY DRILLS



VISION & EYE DRILLS