

Teenager Physical Activity Ideas

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

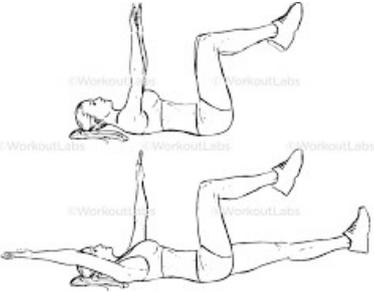
One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

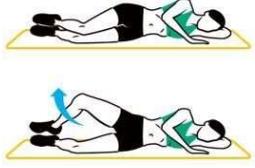
Examples of moderate intensity activities:

- walking
- riding a scooter
- walking the dog
- cycling on level ground or ground with few hills
- Football
- Ball games
- Dance
- Running
- sit-ups, press-ups and other similar exercises

Here are some more activities that can be completed at home. These should only be completed injury free.

Picture	Instructions
	<p><u>Walking around on tiptoes</u> Start thinking about your posture whilst walking around. You want to be tall with your tummy engaged. Practice walking around the room on your tiptoes, balancing a book or a beanbag on your head if you have one</p>

	<p><u>Balancing</u> Practice standing on one leg. Whilst standing on one leg, try passing a ball under your leg, around your tummy and around your head. Try to not place your foot down whilst doing this</p>
	<p><u>Scissors</u> This exercise is aimed at getting your tummy working. Bring your legs into the air – 90degrees at hips and knees like in the picture. Then slowly lower one leg down at a time, pretending you are dipping your toes into cold water.</p>
	<p><u>Dead bug</u> Practice your best dead bug – as picture alongside. Slowly wake your bug up by stretching out one leg and the opposite arm. The lower your leg and arm go to the ground, the more difficult it becomes. Make sure your lower back continues to touch the floor.</p>
	<p><u>Hundreds</u> Lying on your back with your knees bend. Lift your head up and shoulder blades up and off the floor. Your arms are alongside you. Lift them up and practice lifting them up and down, small pulses, next to your body. Try counting to 100 before lowering your head back to the floor. Remember to breathe.</p>
	<p><u>Sit ups</u> On your back with your knees bent. Practice sitting up from there, keeping your feet on the floor. You might have to ask someone to hold your feet on the floor if this is too difficult.</p>

 <p>Bridge Pose</p>	<p><u>Bridge</u> Lying on your back with your knees bent. Squeeze your bottom together and slowly start lifting it off of the floor. Think about tearing Velcro apart, one vertebra lifts at a time</p>
	<p><u>Clam</u> Lie on your side and bend your knees slightly. Push you heels together and keep them glued together. Open and close your knee. This should only be a small movement.</p>
	<p><u>Leg lifts</u> Lying on your side. Lift and lower your leg. Make sure your hip keep facing forward and you don't roll back.</p>
	<p><u>Superman</u> Come into 4 point kneeling, on your hands and knees. Make sure you have a straight back by placing something on your back. Slowly lift one leg and then the opposite arm up off the floor. Keep it up for three counts before lowering it. Make sure your hips don't twist and your back doesn't arch.</p>
	<p><u>Push ups</u> You can decide how difficult you make this. On your knees will be the easiest. In four point kneeling you can bend your arms and touch your nose to the floor between your hands. To make it more difficult, walk your hands further forward.</p>
	<p><u>Crab</u> Sitting with your knees bent and your hands behind you. Lift your bottom up off the floor and practice walking back and forth along the room.</p>

	<p><u>Aeroplane</u> Lying on your stomach pretend to be an aeroplane. Slowly lift your head off the floor, then your arms and shoulders and finally your feet and knees off the floor. Remain in this position for several counts practicing flying to the right and left.</p>
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For a stretching programme to complete before exercise please refer to the injury prevention information sheet.

Here are some usual links for other physical activity ideas:

<https://www.youtube.com/watch?v=d3LPrhI0v-w> - short work outs for children on you tube with the body coach

<https://www.nhs.uk/conditions/nhs-fitness-studio/body-blast-warm-up/> - short cardio work out provided on the NHS website. Feel free to explore this website for further work out ideas.