

I BIKE

FITNESS WORKS



20 MINUTES



TIMER, PENCIL, SKIPPING ROPE (OPTIONAL)

What type of fitness?

Aim: Learn how different activities help us be fit in different ways

Information: There are different types of fitness which we have. It's healthiest to be fit in all these ways because then your body works in the best way. The four **types** are:

Aerobic gets your heart pumping and your lungs taking in lots of oxygen.

Strength makes your muscles and bones stronger.

Balance gives you more control over your body movements.

Flexibility keeps your muscles stretchy.

Instructions: Do each of the activities below and decide what type of fitness they help your body with. Write down how long you can do it for without a break or how far you can reach.

Do these activities every day for a week then see if you can do them for longer / reach further? If you can then you've got fitter in that type of fitness.

ACTIVITY	TYPE?	HOW LONG/HOW FAR?
STAND ON ONE LEG WITH YOUR EYES		
SKIP (with a rope or without)		
STAND WITH YOUR FEET TOGETHER AND LEGS STRAIGHT THEN REACH		
HOLD THE PLANK POSE		

Extension: What activities can you think of that need more than one type of fitness? Do you do any of these?

Enjoy this activity? Use #stayhomestayactive and tag us @SustransScot on [Facebook](#) and [Twitter](#).

Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk

I BIKE

FITNESS WORKS



 1 HOUR 10 MINUTES



PAPER, PENCIL, COLOURED PENCILS/PENS, CUP, RULER

60 Minute Challenge

Aim: To try and do at least 60 minutes of exercise each day

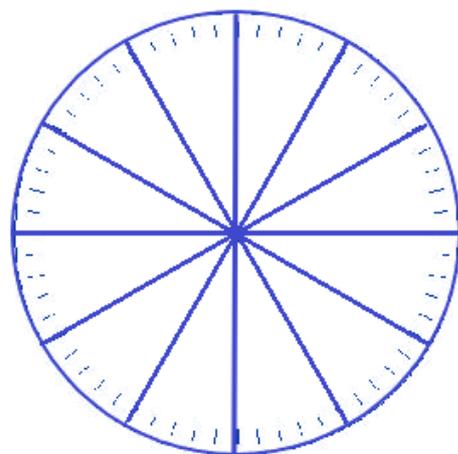
Instructions: Use a cup to draw a circle on a piece of paper then divide it into 12 sections, so it looks like a bike wheel, like this one. Each section represents 5 minutes.

As you go through the day, colour in the minutes that you spend doing exercise and see if you can reach 60 minutes, the full wheel. You can use different colours for different activities and label them too, see our example below.

If you go over the 60 minutes, well done, you have smashed the challenge — now try and keep it up each day!

Extension: Do this each day and try to include all four types of fitness.

Ask your other family members to make a 60 minute challenge wheel too and see who manages to fill it during the day.



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