

Wednesday 1<sup>st</sup> July

# Lesson 5- Living independently Short Course

## **What do you need?**

Pen and Paper

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# Living Independently- Health and Wellbeing

**Learning Objective:** To be able to set yourself a fitness challenge, plan and complete this over one day/week.



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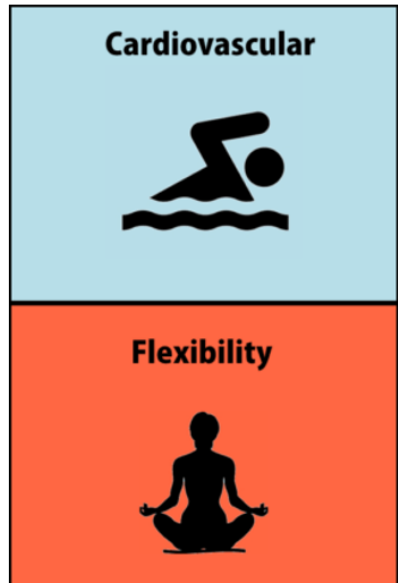
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What should  
you have  
completed?

| My Exercise Plan |                      |                |          |                |          |          |
|------------------|----------------------|----------------|----------|----------------|----------|----------|
| Monday           | Tuesday              | Wednesday      | Thursday | Friday         | Saturday | Sunday   |
| Run              | Long walk with Oscar | Work out video | Rest day | Work out Video | Run      | Rest day |

| Mum's Exercise Plan   |                |                       |          |                       |          |                       |
|-----------------------|----------------|-----------------------|----------|-----------------------|----------|-----------------------|
| Monday                | Tuesday        | Wednesday             | Thursday | Friday                | Saturday | Sunday                |
| Long walk with Bailey | Work out video | Long walk with Bailey | Rest day | Long walk with Bailey | Yoga     | Long walk with Bailey |



Type of exercise:

Benefit of the exercise:

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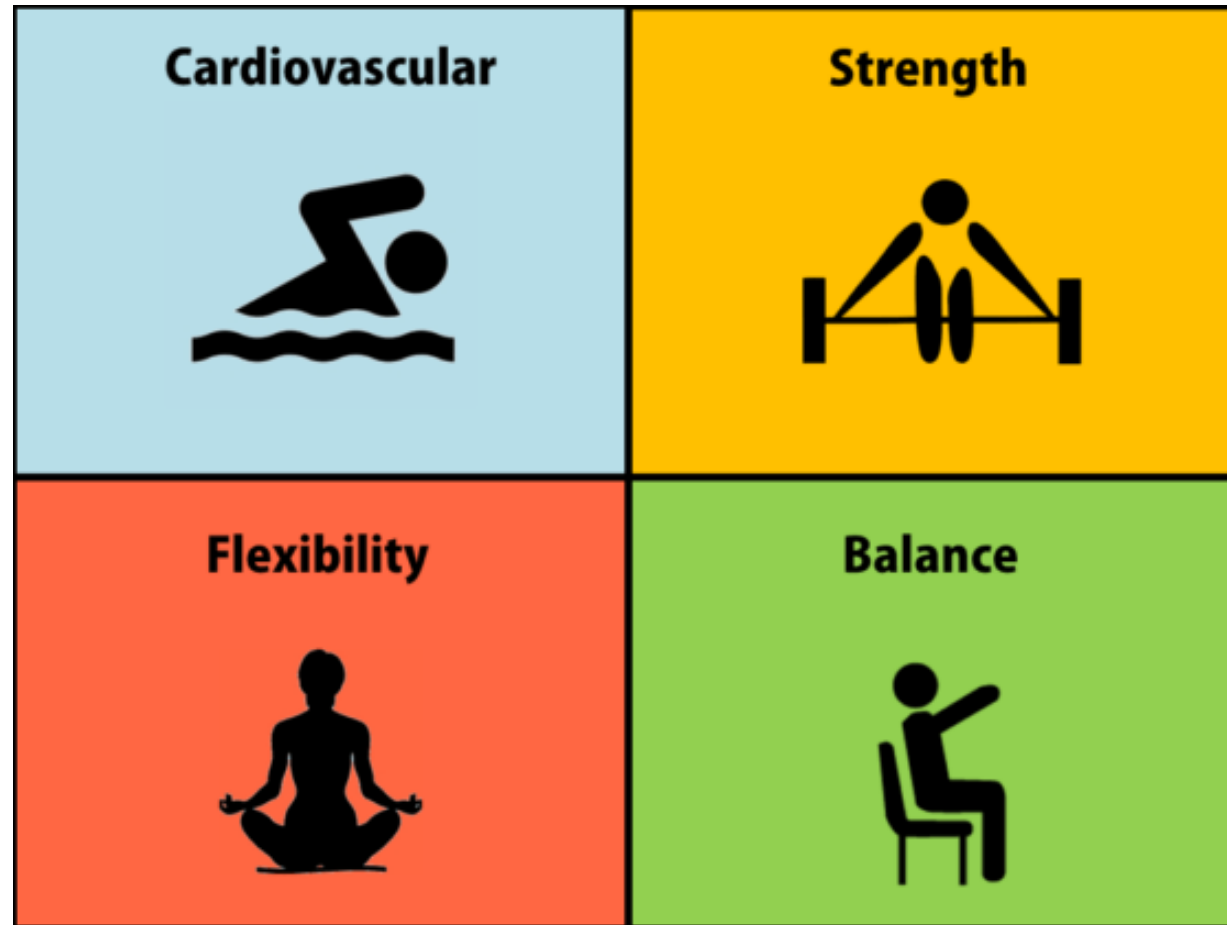
A fitness challenge?  
What could you do?



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**My Challenge:**

**To walk 20,000 steps in one day**

**The benefit:**

The benefit of walking 20,00 steps will get me walking more and I may find more walks to go on in the future. It will also get me out the house.

**What equipment will I need:**

No equipment, maybe some good trainer/shoes to walk in.

**Where it will take place:**

I will walk in my garden and around the fields near me.

**How can you encourage others to take part?:**

I am going to talk Oscar with me and ask my mum to join in the challenge to make the walking more fun!

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Good luck with the  
challenge!

I look forward to  
hearing how they go!

