

Wednesday 1st July

Lesson 5- Living independently
Short Course

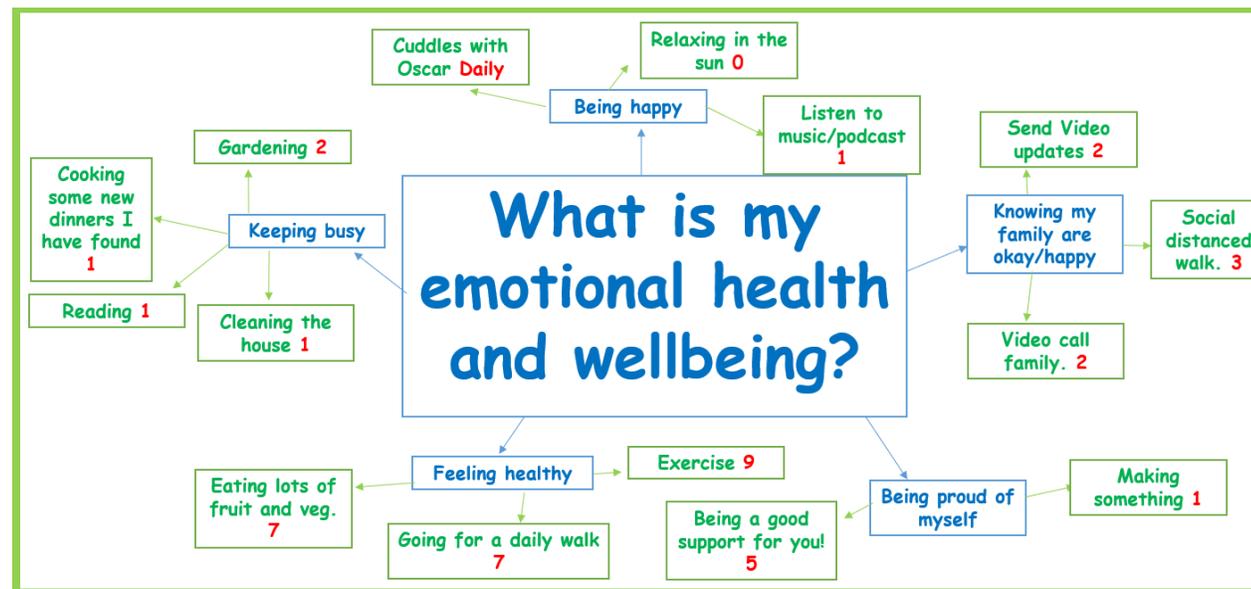
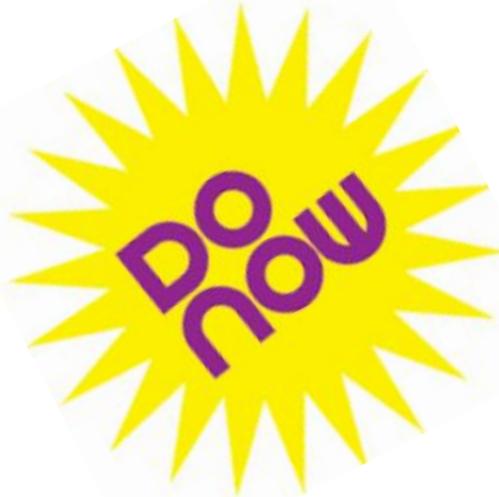
What do you need?

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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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



Cardiovascular



Flexibility



Type of exercise:
Benefit of the exercise:

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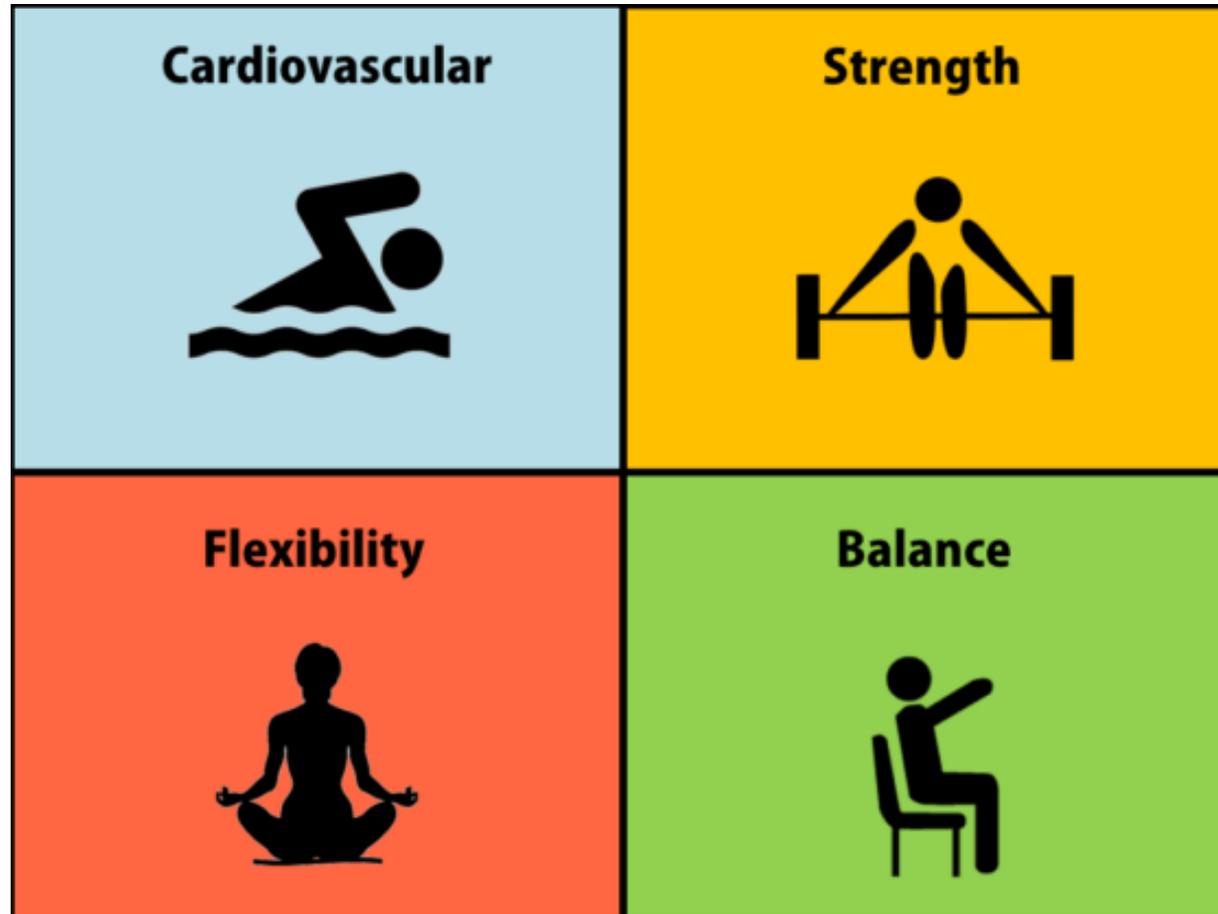
A fitness challenge?
What could you do?



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

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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!

