



STAY HOME

STAY FIT!!

**Home Workout Guide
for Children & Parents**

An Initiative b



COVID-19 School Closures

We are all trying to keep our kids healthy, engaged and active amidst of Coronavirus – related school closures. To help our families, we have prepared a short guide not just for children but even adults who may want to get benefitted of a physical regime. These require limited space & supervision. It has 3 sections, activities for children

- < 8 yrs
- 8+ - <11 years and
- 11+ years

We encourage parents to do these workouts with your little ones and innovate / improvise to make it even more interesting!!



An Initiative by

Age Group : <8 yrs

1. Hop & Jump : Both Feet together. Gradually, Hop & Jump on one leg

2. Toe Walk – Camel Walk – Frog Jump – Crab walk



3. Yoga



Chakrasana



Naukasana



Padhastasana



Dhanurasana



Halasana



Ustrasana

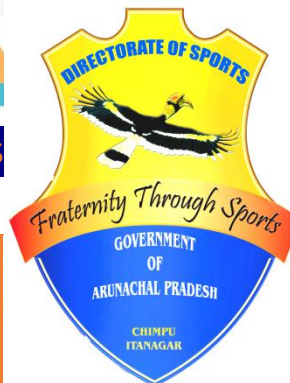


Sarvangasana

Light warm up before starting is essential. # Each activity to be done for 8-10 repetition

Give 20-30 seconds break between each activity. # Any Sequence can be followed.

Elders / Parents should also do it along with Children # Parents should choose exercises based on their judgement of their child's ability



Age Group : <8 yrs

4. Ball Controlling



Balance On Stomach (10 sec)



Holding with Toes (10 sec)



Holding with Knees (10 sec)

5. Agility exercise



Jumping Jacks



Sit ups



Back Lifts

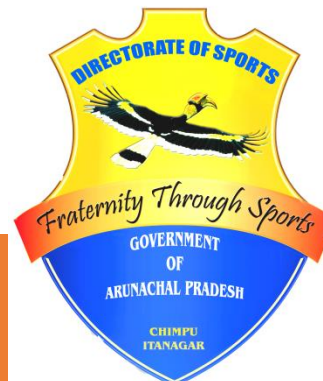


Bridge Pose

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Age Group : 8+ - <11 yrs

1. Jumping

Jumping over a line, turning and jumping back over

Jumping in & out of hoops / circles – backward and forward

Jumping side to side of the hoops / circles

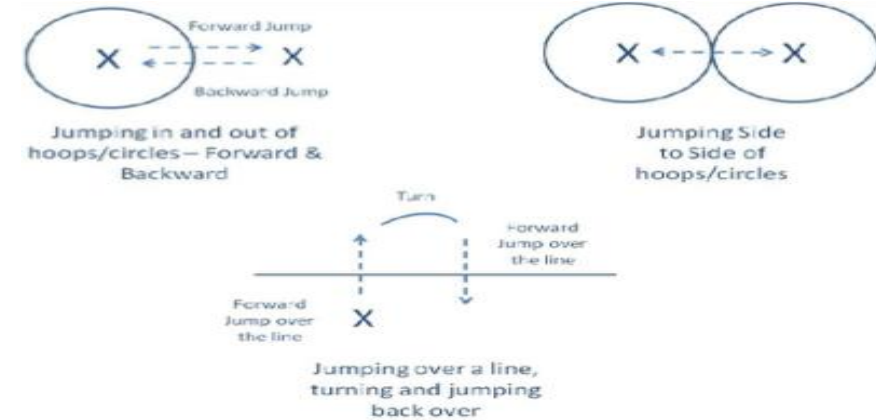
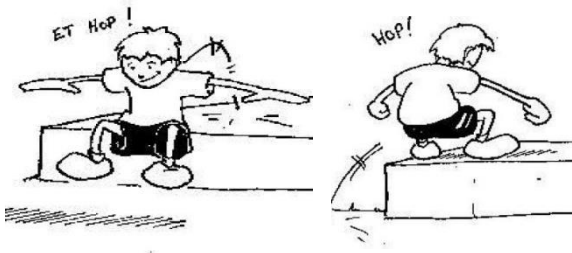


Figure 1

2. Strengthening exercises - Legs

Stand still with one foot on the floor and eyes closed for 10 sec without losing balance. Now try the other leg

Squats – 10 nos



Jumps - Lower Down and Take off



Stand on one foot and do 5 mini - squats



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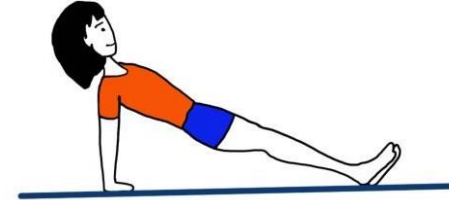
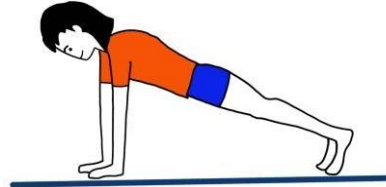
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Age Group : 8+ - <11 yrs

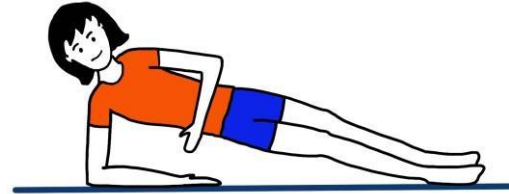
3. Strengthening exercises - Core

Bridge position (Hold 8-10 sec)



Back up position (Hold 8-10 sec)

Slide Plank (Hold 8-10 sec)



Knees to Chest Press (Hold 8-10 sec)



4. Strengthening exercises – Shoulders & Arms

Pull Ups – 5 secs



Push Ups – 10 nos



Full Arm Slide Plank



Push up – Plank – Shoulder Touch



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Age Group : 11+ yrs

Warm Up Daily

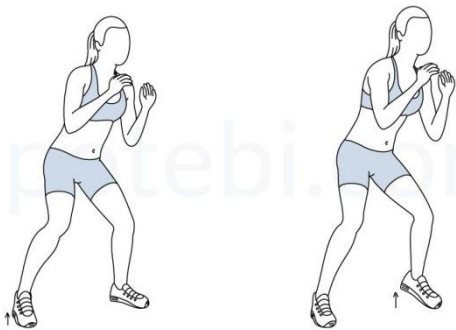
Skipping



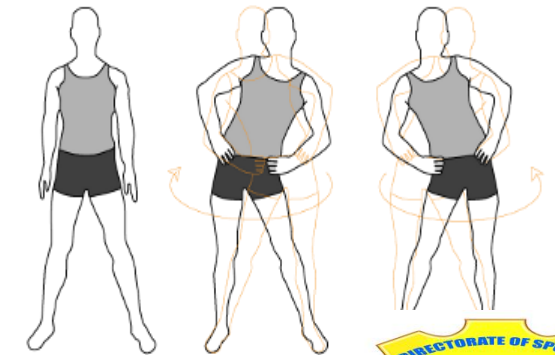
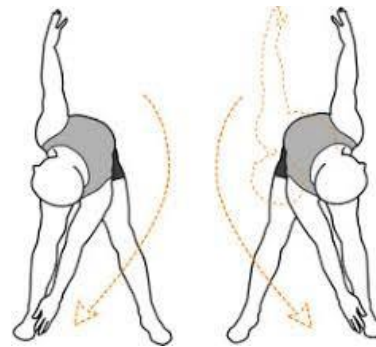
Shoulder & Arm Rotation



Toe Tapping



Side Bends and Waist rotation



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Age Group : 11+ yrs

1

- # Single Leg Hops & Jumps
- # Back Ups
- # Heel Touches
- # Alternate Bicycle



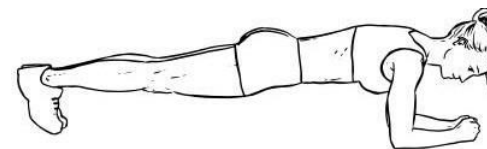
Bicycle Crunch



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2

- # Inch worm
- # Jump Squats
- # Spiderman Crawl
- # Leg raise- swing exercise 90 degree (feet should touch the ground)



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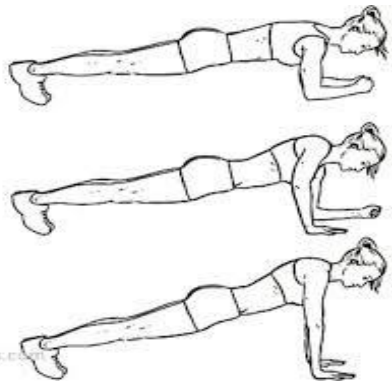
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Age Group : 11+ yrs

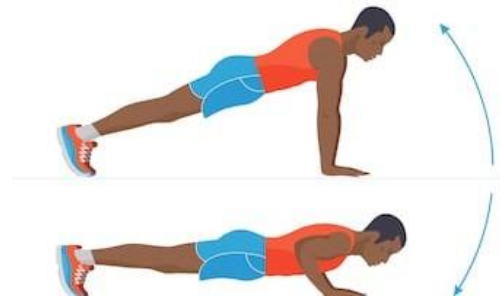
3

- # Mountain Climbers
- # Side Lunges
- # Push Up – Plank Hold
- # Burpees



4

- # Push Ups
- # Full Squats
- # Sit Ups
- # Alternate Lunges



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**AN INITIATIVE OF
DIRECTORATE OF SPORTS TO
KEEP YOU HEALTHY IN THIS
HOUR OF CRISIS**

