



# Physical Section

## Ideas for Lockdown



The coronavirus doesn't mean your Top Awards have to stop – far from it.

Here is a selection of ideas you could use to continue with your Award at home.

Don't forget to check with your leader that your activity plan is ok.

You'll still need an assessor; this cannot be a family member. Obviously, they can't pop round to see what you are doing but you can keep a log of what you have done including photos and videos. You can email them to keep them up to date with your progress. You could use a log sheet to keep an accurate record.

**Sport Specific Skills** (possibly continuing from your previous physical) - develop how to guides or videos, videos of yourself practising skills or develop core fitness.

### Core Fitness

- Complete the couch to 5k, or many of the other NHS fitness sessions
- Do an hour's YouTube fitness video each week (you can try Bootcamps, Pilates, dance routines, The Body Coach, Sport England's #stayinworkout and more)
- Console fitness games such as Wii Fit, Just Dance, Wii Sports, Zumba Fitness World Party or Yoga Master.
- Circuit Training in your garden
- Fitness challenges (e.g. 100 press up challenge, plank challenge, step challenge)

**Yoga** - online tutorials, console fitness games or DVDs

### Walking or Running

- Design a route from your home that can be extended or run/walked multiple times and see how your times/heart rate/breathing rate change as you train
- Use hills as 'mounds of opportunity' - time a steep hill climb run or walk and see how your times/heart rate/breathing rate change as you train

## **Cycling**

- Get out on your bike in your local area – use an app to track your routes to upload as evidence on eDofE.
- You can also design a route and measure as your fitness changes (see walking or running above)

## **Dance**

- Online sessions with your own dance school
- continuing to work on exam preparation (online tutorials are available for some exam boards)
- choreograph own routines and record tutorial video
- dancing with Oti Mabuse on Facebook live and keep a log

Any questions? Feel free to contact the Staffordshire County Top Awards Team via any of the methods below.

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