

## Daily Challenge: Setting Physical Goals

*This challenge is good for setting own targets and staying healthy and fit.*

1. As a family, think about a physical exercise you could all do together and improve on. Think about why it's really important to think about our physical health and ensure we are fit and strong.

2. Discuss how exercise can make you feel. It can be like eating chocolate - it gives you a high feeling when you've completed something and pushed your body to its limits.

3. Research an athlete like Kipchoge (winner of the London Marathon) and find out why he smiles when he runs. Look for some inspirational stories of runners and athletes and how exercise has helped them through tough times. Find out about triathlons or park runs in your area that have taken place in the past and will take place in the future.

4. Don't accept comments such as, "I can't do that... I'm not a runner... I'm not a swimmer..." All rubbish. Anyone can do anything with the right help and support - you just have to watch the Paralympics to prove that. Sometimes, mental health issues can prevent us from exercising. Put one foot in front of the other and see how far you get. Push yourself.

5. Set yourself a family target for example:

- complete a (mini) duathlon (cycling and running/walking)
- complete a (mini) triathlon (swimming, cycling, running/walking) - we may have problems practising our swimming in the present climate but you could research how to swim and practice dry swimming around the garden!
- complete a mini Olympic obstacle course in your garden which involves balancing, gymnastics, hitting targets...
- complete a 5km walk or run in a certain time
- yoga/Tai Chi - how many moves can you learn?

4. Discuss what a 'PB' is compared to competitions; how important it is to set yourself your own personal best times, not just compare yourself to others. It's important to see the progress you are making. If it's all about winning, then most of us give up because most of us can't be first.

4. Set dates for what you want to achieve by when.

5. Set a date for the future with the family and friends (when the current crisis is over) to hold your competition. Share your progress and photos with your wider family in the meantime. Share photos on our facebook page. Approach your school

with an idea of how this could look when we all return. Perhaps schools could hold a sports day to celebrate returning and give pupils something to work towards.

**Example:**

The activity I want to master/develop is:	taking part in a mini triathlon
What skills do you need?	<ul style="list-style-type: none"> <li>• swimming</li> <li>• cycling</li> <li>• running</li> <li>• perseverance</li> </ul>
Steps along the way	<ul style="list-style-type: none"> <li>• research how to swim front crawl and practise dry swimming around the garden</li> <li>• set myself small targets of cycling each day - can I cycle one loop of the garden without stopping? Increase over time to 2 loops... then 3 loops...</li> <li>• set myself running targets of increasing distance - how far could I run without stopping? Compare sprinting to longer distance - can I slow my running down so I can run for longer?</li> </ul>
Do you need anyone or anything to help you?	<ul style="list-style-type: none"> <li>• yes - to celebrate with me each day when I achieve each small step</li> <li>• keep a record of my exercise and progress</li> <li>• recognise how it makes me feel</li> </ul>