



KONYA KOZAĞAÇ KESOB SECONDARY SCHOOL

&

GAZİANTEP MERVEŞEHİR SECONDARY SCHOOL

Fitness in the time of Covid-19

PROJECT ID : 293344

Founders of the Project

Şerife BAYKAL & Müfide Şeyma BAYIROĞLU

Member Students of the Project

Beyzanur GEZGİN & Meral Irmak ARICI

Ceren ÖĞMEN & Elif KOÇ

As everyone knows, there is Covid-19 pandemic in the world. So, we prepared this leaflet to inform you about fitness activities you can do at home. Have fun!

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1. Jumping rope



2. Animating an animal

Play with all family members. Choose an animal, mime and move like it. They try to find animal you act.



3. Balance on the ball

Take a pilates ball. Make some movements on the ball, but try to not fall down.



4. Hurdle Race

Play with all family members. Form your own parkour. Try to finish parkour as fast as you can.



5. Kids Pilates

Open a Kids Pilates video. Try to do exercises in the video.



6. Hula Hoop

Roll a hoop as long as you can.



7. Dancing

Open a music you like and dance.



8. İstop Game

Form a circle with players at home. A player throws the ball into the air and says a name. If it does not hold , it will say a color.

During this period , this player tries to hit the other players who can not find the color.



9. Hopscotch

Draw a traditional hopscotch diagram. Throw a small stone into the first square. Hop on one foot into the first empty square. Then every subsequent empty square. Be sure to skip the one your marker is on. At the pairs (4-5 and 7-8), jump with both feet.



10. Doing Household Chores

Choose any chores you want and do it. You will both do exercise and help your mum.



11. Push-Ups



12. Sit-Ups



13. Doing Workouts

There are numerous videos on kids workouts. Choose one and start to do it.



14. Kids Zumba

One of the funniest and the most enjoyable one. Find a Kids Zumba video and dance.

