

Week 4: Aerobics with Arita.



New Directions: Health and Wellbeing and Maximising Independence



Name:



Date:

1. Warm up: March

Roll Wrists



Circle elbows



Shoulders big circles forward and back



Waist hula hoops, circle one way and then the other way



Knees circles, circle one way and then the other way



Body twist



2. Main Exercise

Ball up over head and down other side



Sit to Stand



Bend arm at elbow and back down straight

Ball between feet, legs up and down



3. Cool down

How do you feel after your exercise?

Keep a diary of all the exercise you do.

	Day <i>Example Monday</i>	Day	Day	Day
1.Warm up	<i>Yes</i>			
2.Main Exercise	<i>Yes</i>			
3.Cool down	<i>Yes</i>			