

Be Well - Feel Good Stage 5 Skills Builder

Fitness Guides

January for a lot of people is a time where they reflect on their health and fitness, new year, new you. For this part of the skill builder, you will find out about different exercises and practise making an exercise routine.

Your workout goal:

- Two minutes warm up, to gently raise your heart rate.
- One minute exercise for the legs. For example, squats and lunges.
- One minute exercise for the arms. For example, press-ups and plank taps.
- One minute exercise for the core. For example, abdominal holds and crunches.
- Two minutes cardio exercise. For example, star jumps and burpees.
- Two minutes warm down, to get rid of any lactic acid (this is what can make your muscles sore and achy).

It can seem hard to exercise at home with no equipment, which can make it even harder to get motivated. But there's a lot you can do with no equipment – fitness videos are a great way to work out at home.

Once you know what you will be doing for each point it is now time to share it with others inside your household and become a fitness instructor. Remember you need to give instructions to your participants, don't forget to pick a song to go with your workout. Will it be fast and loud or jumpy and cheery?

Once you have finished sharing with your household ask them for feedback, how could your workout be improved?

Have Adventures, 45 minute UMA

Land Art

Land artists

Land artists use a huge variety of materials and locations to create installations that reflect and enhance the landscape. Here are some examples.

Richard Long: An award-winning artist who creates pieces out of stone and mud on a huge scale. He is especially fond of spirals using contrasting colours and vast landscapes.

Cornelia Konrads: Works in forests creating suspended installations between trees and walls. She uses feathers, logs and leaves to make the spaces come to life.

Unknown: There are many pieces of land art that date back thousands of years. The Uffington White Horse, for example, is 110 metres long and can be seen for miles.

Create a piece of artwork inspired by your local landscape by using natural materials.

While out on a walk you will need to collect some natural materials so you can create your piece of artwork once home. Also have a look at what buildings you pass or views you come across; would you like to recreate these? Try and only use natural materials to create your masterpiece, you may use string/tape to hold anything together.

Will you create your land art image on the floor or could you use the cold weather to freeze water with your image encased inside.

Don't forget to share your masterpieces with us.

