

Euro 2020 Football Workout

Adult Guidance

These Euro 2020 Football Workouts have been developed for children (and adults should you wish to join in) to complete at school or at home. Most of the workouts can be done indoors; however, some of the activities are better suited to an outdoor space.

Moving and being active is very important for health and wellbeing. Research shows that physical activity can boost self-esteem, mood and energy, as well as having a positive impact on learning and concentration.

Each workout consists of a series of activities, for children to complete independently or in a group. You can call out the activities or give children the instructions for them to work through themselves. The workout resources don't need to be printed out - simply display the instructions on a screen and you are good to go!

We suggest that children should spend 3-5 minutes on each activity so that their workout will last between 15 and 25 minutes.

Children or adults may adapt the workout as they choose and could:

- complete the activities in the order shown
- create their own order for the activities
- select their favourite activities and spend longer on those ones
- mix and match between the activities from Workout 1 and Workout 2

Please consider the most appropriate footwear for the location and activity. We suggest that these activities take place in an outdoor setting and with the appropriate footwear worn at all times.

Get your children having fun and motivated for Euro 2020 at home and at school!

