



**Hull Active Schools  
Isolation Icons**

**Physical Activity, Health and Well-Being  
At Home**

**Week Beginning Monday 27<sup>th</sup> September 2020**

## Physical Health and Well-Being

	Physical Activity Challenge 1	Physical Activity Challenge 2	Adaptations/Challenge
<b>Monday 28<sup>th</sup> September 2020</b>	FITNESS BLENDER-Cardio Workout (37 MINS) <a href="https://youtu.be/fcN37TxBE_s">https://youtu.be/fcN37TxBE_s</a>	Adapt to Perform – Wheelchair Workout (20 MINS) <a href="https://youtu.be/isNkDcmo9gw">https://youtu.be/isNkDcmo9gw</a>	Miss Out The Exercises That You Are Struggling With
<b>Tuesday 29<sup>th</sup> September 2020</b>	FITNESS BLENDER-Cardio Workout (37 MINS) <a href="https://youtu.be/fcN37TxBE_s">https://youtu.be/fcN37TxBE_s</a>	Adapt to Perform – Wheelchair Workout (20 MINS) <a href="https://youtu.be/isNkDcmo9gw">https://youtu.be/isNkDcmo9gw</a>	Try The Full Circuit or Complete Twice
<b>Wednesday 30<sup>th</sup> September 2020</b>	FITNESS BLENDER- Cardio Workout (30 MINS) <a href="https://youtu.be/N3e8UXMdqOM">https://youtu.be/N3e8UXMdqOM</a>	Adapt to Perform- Wheelchair Fitness 19/06/20 (40 MINS) <a href="https://youtu.be/9DG3CLjXAfA">https://youtu.be/9DG3CLjXAfA</a>	Miss Out The Exercises That You Are Struggling With
<b>Thursday 1<sup>st</sup> October 2020</b>	FITNESS BLENDER- Cardio Workout (30 MINS) <a href="https://youtu.be/N3e8UXMdqOM">https://youtu.be/N3e8UXMdqOM</a>	Adapt to Perform- Wheelchair Fitness 19/06/20 (40 MINS) <a href="https://youtu.be/9DG3CLjXAfA">https://youtu.be/9DG3CLjXAfA</a>	Try The Full Circuit
<b>Friday 2<sup>nd</sup> October 2020</b>	FITNESS BLENDER- HIIT Cardio Workout (24 MINS) <a href="https://youtu.be/VhdXXqcocoO">https://youtu.be/VhdXXqcocoO</a>	Yoga with Adrienne- Wheelchair Yoga (20 MINS) <a href="https://youtu.be/FrVE1a2vgvA">https://youtu.be/FrVE1a2vgvA</a>	Miss Out The Exercises That You Are Struggling With
<b>Saturday 3<sup>rd</sup> October 2020/ Sunday 4<sup>th</sup> October 2020</b>	Yoga- PE- Mind with Adrienne (15 MINS) <a href="https://youtu.be/ZK2XBduF84I">https://youtu.be/ZK2XBduF84I</a>	Yoga with Adrienne- Wheelchair Yoga (20 MINS) <a href="https://youtu.be/FrVE1a2vgvA">https://youtu.be/FrVE1a2vgvA</a>	Try A Circuit On Consecutive Days

## Emotional and Social Health and Well-Being

	<b>Challenge 1</b>	<b>Challenge 2</b>
<b>Monday 28<sup>th</sup> September 2020</b>	Accept your mistakes in a way of helping you make progress	Write down three things that you are grateful for
<b>Tuesday 29<sup>th</sup> September 2020</b>	Write down three things that you appreciate about yourself today	Make a list of things that you are looking forward to
<b>Wednesday 30<sup>th</sup> September 2020</b>	You matter. Remember that you are enough, just as you are.	Adopt a Growth Mindset, “I can’t into “I can”
<b>Thursday 1<sup>st</sup> October 2020</b>	Write down your most important goals for the month	Find an action you can take to overcome a problem or worry
<b>Friday 2<sup>nd</sup> October 2020</b>	Look for reasons to be hopeful even in the most difficult of times	Avoid saying “must” or “should” to yourself today
<b>Saturday 3<sup>rd</sup> October 2020/ Sunday 4<sup>th</sup> October 2020</b>	Take the first step towards a goal that really matters to you	Put a problem in perspective and see the bigger picture

## Recipe of the Week ([www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com))

Time: 30-45 minutes

Servings: 4



### INGREDIENTS

leftover roast chicken meat, chopped or shredded  
1 pack tortilla wraps  
1 tin red kidney beans  
1 carton tomato passata  
1 tin chopped tomatoes  
1 packet fajita seasoning  
a little coriander, chopped  
1 onion, sliced  
50g Scottish extra mature cheddar, grated  
oil  
1tbsp sugar  
salt & pepper

1. For the enchilada sauce, add a little oil to a non-stick pot and gently fry the garlic.
2. Add the chopped tomatoes, passata, sugar, and season with salt & pepper.
3. Bring up to the boil and then reduce down to a simmer, cover with a lid and cook for 15 minutes, before blitzing with a stick blender, or in a food processor.
4. Add a little oil to a non-stick frying pan and fry the onions for a few minutes before adding the cooked chicken.
5. Add the fajita seasoning and stir through well before adding the kidney beans.
6. Add around  $\frac{1}{2}$  of the blitzed tomato sauce and a little chopped coriander into the frying pan and stir everything together.
7. In a large ovenproof dish, roll the chicken & kidney bean mix into the wraps, before covering with the rest of the sauce and a sprinkling of cheese.
8. Bake in a preheated oven at 190C/170C fan for 20 minutes, or until the top is browned and serve with any leftover coriander.