

The Buckingham School 'PE' Department

# Healthy Body Week

22nd Feb - 26th Feb



# Your Tasks



- Healthy Body Week involves a series of daily goals to set yourself involving 'getting out and getting active', as well as some healthy and exciting potential meals to try.
- Make sure you keep a track of what you manage to succeed, and fill these in on the table at the end of this presentation.
- Track any workouts/exercise you complete with strava or use any apps on your phone, and take some pictures of the exciting new healthy food that you have cooked and tried!.

# **Fitness Ideas for you to complete across the week- aim for one of these per day!**

**HIIT SESSION**

**OUTDOOR RUN**

**OUTDOOR WALK**

**DOG WALK**

**FOOTBALL AT THE PARK**

**THROW A FRISBEE**

**BIKE RIDE**

**YOGA**

**INTERVAL TRAINING**

**FARTLEK TRAINING**

**SKATEBOARDING**

**SCOOTERING**

**FOLLOWING A MAP**

**WOODLAND TRAILS**

**ROLLERBLADING**

**FLY A KITE**

**NATURE SCAVENGER  
HUNT**

**PLAY HOPSKOTCH**

**PARKS/PLAYGROUNDS**

**HIDE AND SEEK**

# Healthy Meal Ideas



Chicken Satay Salad

Marinate Chicken breasts, then drizzle with a punchy peanut satay sauce for a no-fuss, midweek meal that's high in protein and big on flavour

<https://www.bbcgoodfood.com/recipes/chicken-satay-salad>



Pineapple Fried Rice

Add chunks of fresh pineapple into fried rice to transform it into something special

<https://www.bbcgoodfood.com/recipes/pineapple-fried-rice>

# Healthy Meal Ideas



Prawn Spaghetti

Only takes twenty minutes to make and is healthy too-great for a midweek meal.

<https://www.bbcgoodfood.com/recipes/prawn-harissa-spaghetti>



Cheats Pizza Calzone

Warm wholewheat wraps hold a delicious Italian-style vegetable mixture, to give a lighter version of a folded pizza.

<https://www.nhs.uk/change4life/recipes/cheats-pizza-calzone>

# Healthy Meal Ideas



Meatball Recipe

An easy way to please the family with a Meatball classic!

<https://www.nhs.uk/change4life/recipes/meatballs-n-sauce>



Sausage and Mash

A healthy recipe to help you increase your vegetable intake

<https://www.nhs.uk/change4life/recipes/old-school-sausage-n-mash>

# Alternative Healthy Meal Ideas

<https://www.nhs.uk/change4life/recipes/dinner#all-dinner-recipes>

<https://www.bbcgoodfood.com/recipes/collection/quick-and-healthy-recipes>



<https://www.jamieoliver.com/recipes/category/course/quick-healthy-recipes/>

<https://www.olivemagazine.com/recipes/healthy/best-ever-quick-and-healthy-recipes-ready-in-under-30-minutes/>

# UPLOAD YOUR EVIDENCE HERE

We want to see what activities and food's you have been cooking this week, post them all here!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY