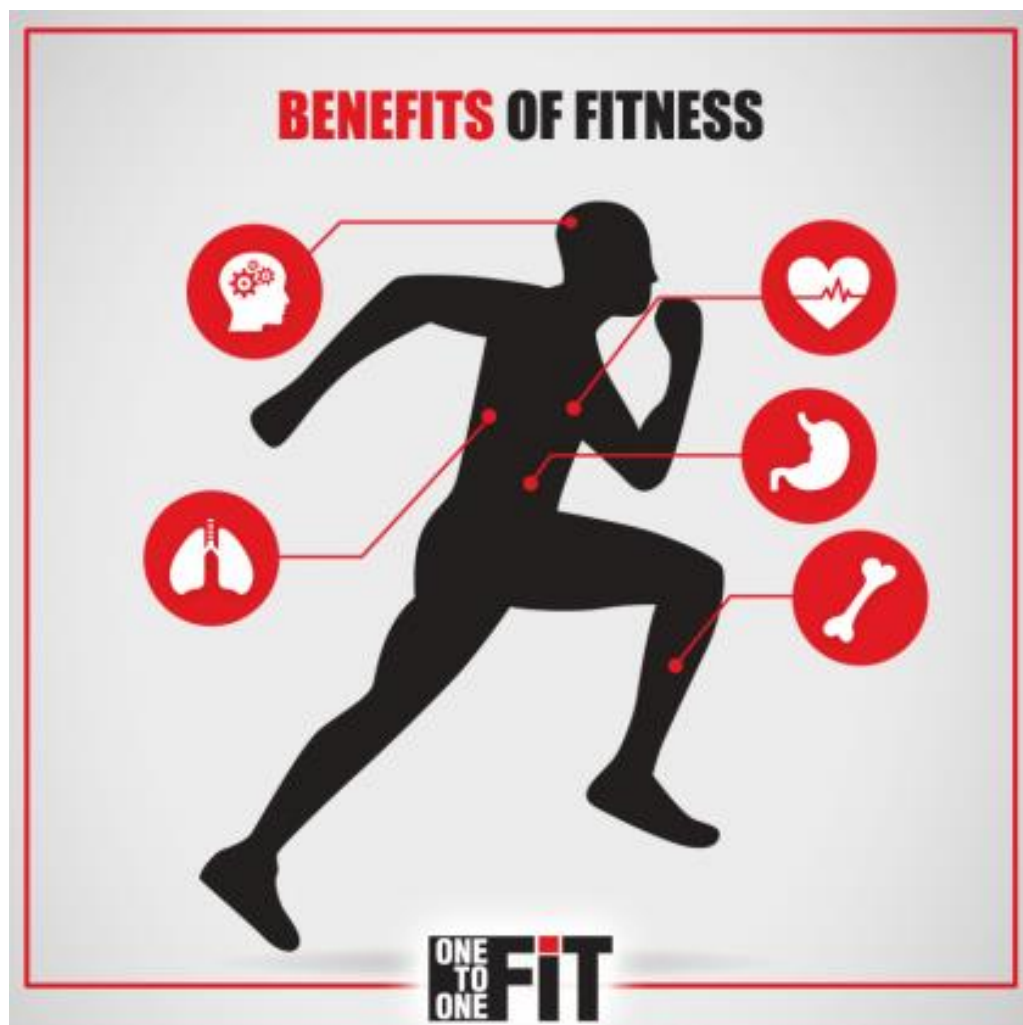


The Challenges...

## KEEPING FIT & HEALTHY AT HOME



The PE department will be setting a series of challenges for you to complete each day whilst learning at home!

# The Challenges...

## Challenge 1 ☐ (Tick when complete)

Can you complete Joe Wicks workout at 9am every day?

Follow this link and see if you can complete Joe's PE Lesson:

<https://www.youtube.com/user/thebodycoach1>



How many days a week can you take part in Joe's lessons at 9am whilst you are at home?

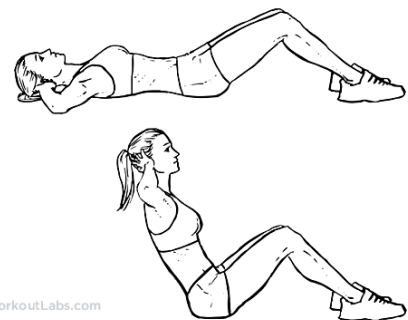
<u>Week 1:</u>	Mon	Tue	Wed	Thurs	Fri
<u>Week 2:</u>	Mon	Tue	Wed	Thurs	Fri

## Challenge 2 ☐ (Tick when complete)

How many Sit Ups can you do today?

Try and add 2 Sit Ups more every day this week.

How many can you do by the end of the week?

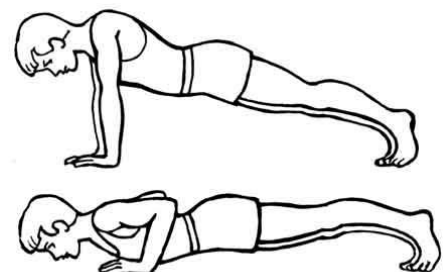


## Challenge 3 ☐ (Tick when complete)

How many Press Ups can you do today before failure?

Try and add 2 Press Ups more every day this week.

How many can you do by the end of the week?



Do press ups on your knees to make easier.

# The Challenges...

## Challenge 4 ☐ (Tick when complete)

### Rolled Up Sock Throw



Roll Up a pair of socks, throw it in the air, getting as close to your ceiling as possible, without hitting the ceiling and then catch it on its way down.

How many can you catch with two hands in a row?

Too easy? Catch the socks with one hand or try your weaker hand.

How many did you do?

## Challenge 5 ☐ (Tick when complete)

How long can you do a Balance on ONE Leg for today?

Try and add 5 seconds more to your time every day this week.

What is your strongest leg? Left, or Right?

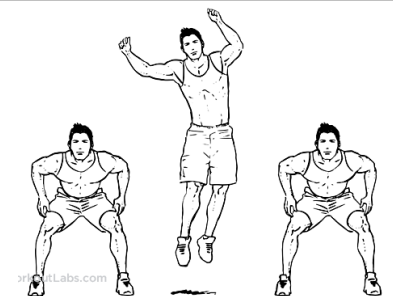


## Challenge 6 ☐ (Tick when complete)

Speed Bounce – How good is your speed?

How many side-to-side jumps can you complete in 1 minute?

Practice every day and see how much you improve.



# The Challenges...

## Challenge 7 ☐ (Tick when complete)

Design your own workout - Boxercise



Do some research and plan a 10-minute shadow boxing workout that will get your heart pumping and make you sweat.

Complete this workout at least twice this week.

## Challenge 8 ☐ (Tick when complete)

Design your own workout – Yoga/Stretching Routine



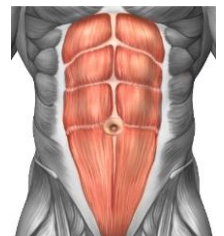
Do some research and plan a 10-minute Yoga/Stretching Routine and focus on your breathing to help you relax.

Complete this workout at least three times this week.

Can you get a parent/guardian to join in with you?

## Challenge 9 ☐ (Tick when complete)

Design your own workout – Abdominal Muscle Circuit



Do some research and plan an Abdominal Muscle Circuit made up of 5 exercises.  
How many repetitions and sets will you be doing for each exercise?

Can you teach the PE department your Abdominal Muscle Circuit when you return?

# The Challenges...

## Challenge 10 ☐ (Tick when complete)

Can you complete the Wall Workout 3 times through?

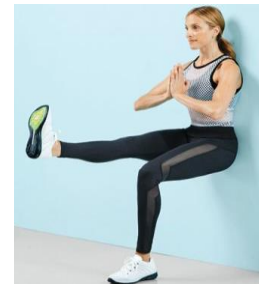
How long did it take you to complete?



20 Second Wall Sit

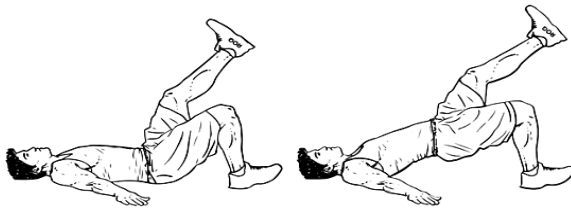


10 Triceps Dips



10 March Sit

Same as a wall sit but can balance on one leg?



10 Hip Thrusts

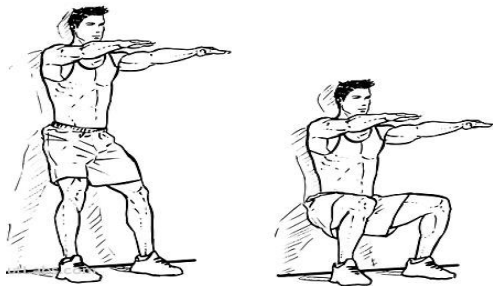
Lift Hips off the floor.



10 Mountain Climbers

Too easy?

Try pushing your feet against the wall to make this harder.



10 Wall Squats

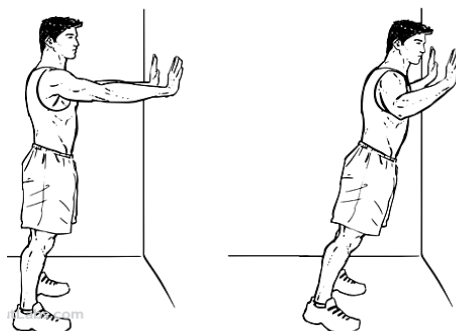
Too easy?

Try doing it with on one leg.



10 Calf Raises

Place hands on wall, rest one foot behind the other and lift your body weight onto your toes.



10 Push Ups

Too easy?

1. Place hands closer together.
2. Place hands wider apart.
3. Use a corner of a wall.
4. Place feet on wall instead of your hands.

# The Challenges...

## Challenge 11 ☐ (Tick when complete)

How long can you do a Wall Sit for today?

Try and add 5 seconds more to your time every day this week.

How long can you do by the end of the week?

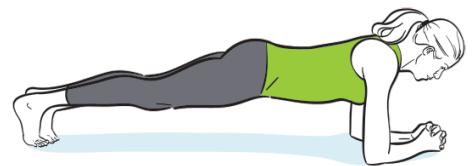


## Challenge 12 ☐ (Tick when complete)

How long can you do a Plank for today?

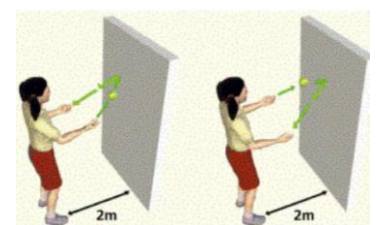
Try and add 5 seconds more to your time every day this week.

How long can you do by the end of the week?



## Challenge 13 ☐ (Tick when complete)

Alternate Wall Toss



How many times can you throw and catch a ball against the wall without dropping it?  
One hand only!

Practice every day and see how much you improve.

No ball? No problem! Use a pair of rolled up socks.

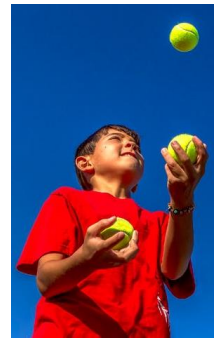
# The Challenges...

## Challenge 14 ☐ (Tick when complete)

Teach Yourself to Juggle!

Get 3 balls or 3 pairs of rolled up socks and have a go at juggling.  
Practice with 2 first if 3 is difficult.

Do some research to help you find the correct technique.  
Can any of your parents/guardian's or siblings juggle?



## Challenge 15 ☐ (Tick when complete)

Set up your own 10-pin bowling and play a game.



Get 10 empty bottles, cans, cartons etc and stand them up in a triangle formation.  
Roll a ball at them and see if you can get a strike.

Play against a family member and see who wins.

## Challenge 16 ☐ (Tick when complete)

How many Squat Jumps can you do in one minute?

Try beat your score every day for a week.

How many can you do by the end of the week?



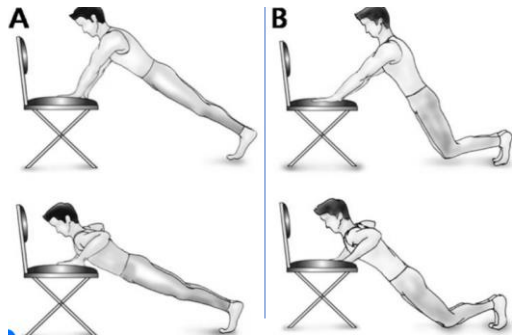


# The Challenges...

## Challenge 17 ☐ (Tick when complete)

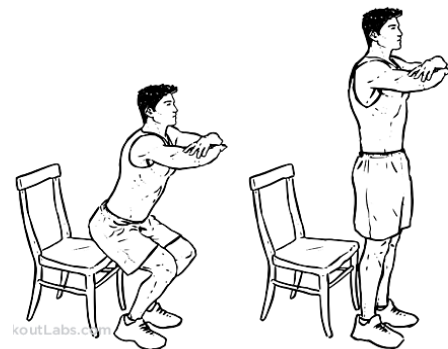
Can you complete the Wall Workout 3 times through?

How long did it take you to complete?



### 10 Chair Press Ups

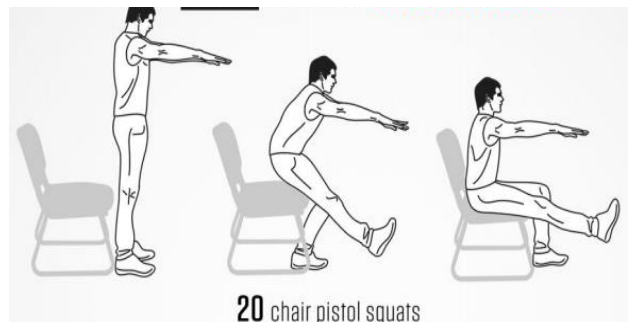
If A is too hard, try B.



### 10 Chair Squats



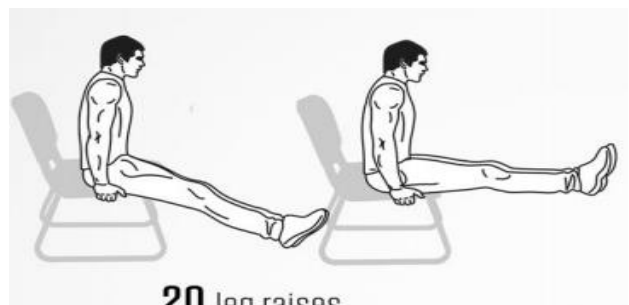
### 20 chair tricep dips



### 20 chair pistol squats



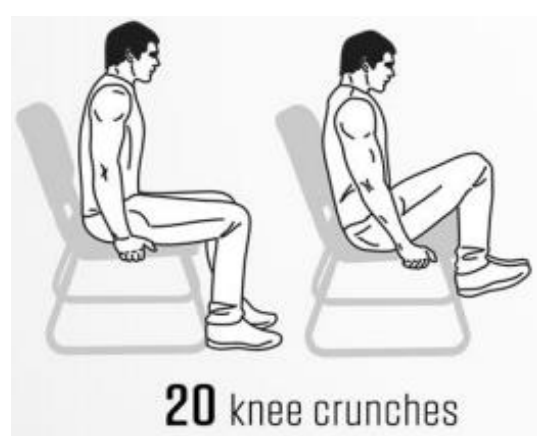
### 40 leg swings



### 20 leg raises



### 10 knee-to-elbows



### 20 knee crunches



## The Challenges...

Challenge 18 ☐ (Tick when complete)

Can you complete the home name workout?

How many times through did you do?

Complete this twice this week.

# SPELL YOUR NAME

## — AND GET MOVING! —

**A: 10 BURPEES**

**B: 20 PUSH UPS**

**C: 35 JUMPING JACKS**

**D: 1 MINUTE PLANK**

**E: 20 SQUATS**

**F: 1 MINUTE WALL SIT**

**G: 20 BURPEES**

**H: 30 PUSH UPS**

**I: 20 ARM CIRCLES**

**J: 30 CRUNCHES**

**K: 25 SQUATS**

**L: 30 ARM CIRCLES**

**M: 45 SECOND PLANK**

**N: 15 PUSH UPS**

**O: 2 MINUTE WALL SIT**

**P: 25 JUMPING JACKS**

**Q: 15 BURPEES**

**R: 20 SQUATS**

**S: 30 CRUNCHES**

**T: 20 ARM CIRCLES**

**U: 1 MINUTE PLANK**

**V: 25 SQUATS**

**W: 20 PUSH UPS**

**X: 45 SECOND PLANK**

**Y: 30 JUMPING JACKS**

**Z: 20 ARM CIRCLES**

# The Challenges...

## Challenge 19 ☐ (Tick when complete)

How many Star Jumps can you do in one minute?

Try beat your score every day for a week.

How many can you do by the end of the week?



## Challenge 20 ☐ (Tick when complete)

Complete a 5-minute run.



You could see how far you can run in 5 minutes or just do laps of your local field/park.  
How far did you get or how many laps did you do around your local field/park?