

1 Minute Challenges:

How many repetitions can you do of each exercise in 1 minute?

Can you beat the teachers score? Once you have completed all 8 challenges, fill in the score sheet and email this to Mr Fairley.

See following slides for instructions on each challenge and the Gold, Silver and Bronze awards.

| | | | |
|--|--|---|--|
|  Around the World |  Burpee Challenge |  Step Ups |  Super Slalom Run |
|  Tuck in and Out |  Squat Jumps |  Figure of 8 |  Climb the Mountain |

Score Card:

You can either print this score card out or fill it in online. Once you have completed all of the challenges. Email your score card or your individual scores to Mr Fairley.

| Exercise: | Score: |
|---------------------------|---------------|
| Around the World | |
| Burpee Challenge | |
| Step Ups | |
| Super Slalom Run | |
| Tuck in and Out | |
| Squat Jumps | |
| Figure of 8 | |
| Climb the Mountain | |

1.

Around the World

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 46 |
| Mr Fairley | 55 |
| Miss Beedle | 48 |
| Mrs Gainford | 49 |
| Mr McMahon | 57 |
| Miss Wardle | 46 |
| Mr Davison | 52 |
| Miss Bramley | 45 |
| Mr Phillipson | 56 |
| Mr McCaughy | 58 |

60 Second Challenge Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold

50 Times around your waist.



Achieve Silver

40 Times around your waist.



Achieve Bronze

30 Times around your waist.



2.

Burpee Challenge

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 37 |
| Mr Fairley | 38 |
| Miss Beedle | 36 |
| Mrs Gainford | 32 |
| Mr McMahon | 39 |
| Miss Wardle | 33 |
| Mr Davison | 32 |
| Miss Bramley | 33 |
| Mr Phillipson | 36 |
| Mr McCaughy | 37 |

60 Second Challenge

Burpees

Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees



3.

Step Ups

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 68 |
| Mr Fairley | 73 |
| Miss Beedle | 74 |
| Mrs Gainford | 67 |
| Mr McMahon | 72 |
| Miss Wardle | 66 |
| Mr Davison | 71 |
| Miss Bramley | 73 |
| Mr Phillipson | 73 |
| Mr McCaughy | 68 |

60 Second Challenge

Step Ups

Can you focus, concentrating on the step?

The Physical Challenge

How many times can you step up and down a step in 60 seconds?

You must step up and down with one foot at a time.
No jumping!



#StayHomeStayActive

Equipment

A step

If you do not have a step
us a foot pouffe or a
stool.

Achieve Gold

70 Step Ups



Achieve Silver

45 Step Ups



Achieve Bronze

30 Step Ups



4.

Super Slalom Run

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 20 |
| Mr Fairley | 25 |
| Miss Beedle | 26 |
| Mrs Gainford | 22 |
| Mr McMahon | 24 |
| Miss Wardle | 17 |
| Mr Davison | 18 |
| Miss Bramley | 20 |
| Mr Phillipson | 23 |
| Mr McCaughy | 19 |

60 Second Challenge Super Slalom Run

Can you try
and run as fast
as possible?

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs



5.

Tuck In and Out

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 17 |
| Mr Fairley | 18 |
| Miss Beedle | 18 |
| Mrs Gainford | 20 |
| Mr McMahon | 21 |
| Miss Wardle | 18 |
| Mr Davison | 19 |
| Miss Bramley | 18 |
| Mr Phillipson | 16 |
| Mr McCaughy | 17 |

60 Second Challenge

Tuck In Tuck Out

Do you keep trying even when you want to give up?

The Physical Challenge

How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?

Bring your legs up to your chest and then fully extend them out.

#StayHomeStayActive



Equipment

A bench or a step

If you do not have a bench or step complete the challenge in a raised position on the floor.

Achieve Gold

15 tuck in tuck outs



Achieve Silver

10 tuck in tuck outs



Achieve Bronze

5 tuck in tuck outs



6.

Squat Jumps

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 42 |
| Mr Fairley | 43 |
| Miss Beedle | 41 |
| Mrs Gainford | 42 |
| Mr McMahon | 45 |
| Miss Wardle | 37 |
| Mr Davison | 38 |
| Miss Bramley | 39 |
| Mr Phillipson | 43 |
| Mr McCaughy | 44 |

60 Second Challenge

Squat Jumps

Can you be honest when counting your score?

The Physical Challenge

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

30 Squat Jumps



Achieve Silver

20 Squat Jumps



Achieve Bronze

10 Squat Jumps



7.

Figure of 8

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 25 |
| Mr Fairley | 33 |
| Miss Beedle | 27 |
| Mrs Gainford | 35 |
| Mr McMahon | 37 |
| Miss Wardle | 35 |
| Mr Davison | 38 |
| Miss Bramley | 30 |
| Mr Phillipson | 39 |
| Mr McCaughy | 35 |

60 Second Challenge

Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold

35 times through your legs



Achieve Silver

25 times through your legs



Achieve Bronze

15 times through your legs



8.

Climb the Mountain

Teachers Scores:

| | |
|---------------|----|
| Miss Whiting | 52 |
| Mr Fairley | 51 |
| Miss Beedle | 48 |
| Mrs Gainford | 53 |
| Mr McMahon | 54 |
| Miss Wardle | 45 |
| Mr Davison | 47 |
| Miss Bramley | 45 |
| Mr Phillipson | 53 |
| Mr McCaughy | 50 |

60 Second Challenge

Climb the Mountain

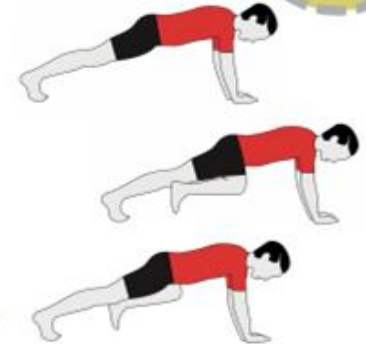
Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers

