



# LCHS PE

# Challenges

*NHS guidelines state;*

*Children and young people aged 5 to 18 should:*

*'aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week'.*

On the following pages we have provided you with a number of physically active challenges that can be done individually or as a family. Your task is to choose one challenge card per week and see if you can complete it 3 times during that week.

**Once you have completed a challenge tweet your score or picture!**

**#LCHSFamily**

## Challenge 1 – home workout

20 x sit-ups
20 x lunges (on each leg)
20 x push-ups
20 x squats
20 x tricep dips
Plank (minimum 45 seconds)
20 x star jumps
High knees for 1 minute
20 x jump squats

## Challenge 2 – spelling workout

# SPELLING WORKOUT

Spell your full name out using the exercises below. Do this 2 times.

- |                       |                       |
|-----------------------|-----------------------|
| A - 20 BURPEES        | N - 25 SQUATS         |
| B - 2 MINUTE WALL SIT | O - 25 BURPEES        |
| C - 10 PRESS UPS      | P - 10 ARM CIRCLES    |
| D - 45 SECOND PLANK   | Q - 45 SECOND PLANK   |
| E - 30 STAR JUMPS     | R - 30 STAR JUMPS     |
| F - 20 SQUATS         | S - 20 SQUATS         |
| G - 15 ARM CIRCLES    | T - 40 STAR JUMPS     |
| H - 1 MINUTE WALL SIT | U - 45 SECOND PLANK   |
| I - 15 PRESS UPS      | V - 15 PRESS UPS      |
| J - 10 BURPEES        | W - 10 BURPEES        |
| K - 30 SQUATS         | X - 40 JUMPING JACKS  |
| L - 25 STAR JUMPS     | Y - 1 MINUTE WALL SIT |
| M - 15 JUMPING JACKS  | Z - 15 PRESS UPS      |

### **Challenge 3 – home workout**

Do each activity for 30 seconds. Repeat 3 times.

Jumping jacks
Squats
Tuck jumps
Press ups
Burpees
Lunges
High Knees
Jog on the spot
Sit ups

## **Challenge 4 – squat, lunge and press up challenge**

Use the link below to complete the ‘bring sally up’ challenge. You can do this with either;

1. Squats
2. Lunges
3. Press ups

Listen to the words of the song;

- Down – squat down, lunge down, press down
- Up – squat up, lunge up, press up
- Hold – hold the position you are in

<https://www.youtube.com/watch?v=bql6sIU2A7k>

### Challenge 5 – family challenge

Complete each fitness challenge below. Count or time your score. Do this individually or compete with your family members.

<b>Fitness Challenge</b>	<b>Person 1</b>	<b>Person 2</b>	<b>Person 3</b>	<b>Person 4</b>	<b>Person 5</b>
30 second squat challenge					
1 minute sit up challenge					
30 second star jump challenge					
Longest wall sit challenge					
30 second burpee challenge					
Longest plank challenge					

## **Challenge 6 – Joe Wicks**

Use the link below to access Joe Wicks YouTube channel. Joe Wicks is holding a live 30 minute fitness session every Monday – Friday.

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

## **Challenge 7 – Yoga**

Use the links below to access a 20 minute YouTube video. The videos are a yoga session. Choose what level you feel confident to perform.

Beginners - <https://www.youtube.com/watch?v=v7AYKMP6rOE>

Intermediates - <https://www.youtube.com/watch?v=W5dkeP3GxtU>

Advanced - <https://www.youtube.com/watch?v=69iRIJk45Zo>



## **Challenge 8 – #ThisIsPE - Supporting Parents to Teach PE at Home**

Short two-minute videos will be posted that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together.

Each **#ThisIsPE** video will focus on a different aspect of the National Curriculum. The videos, delivered by PE teachers, will help children and young people to continue their skill development in PE during this period when we are having to stay at home, to save lives.

Videos will be posted at 1pm on **Monday, Wednesday and Friday**. You don't need to be in PE kit and you don't need sports equipment. All of the videos will use things that you can find around the home.

To view the videos click the link below.

[https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy\\_91jDL](https://www.youtube.com/playlist?list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL)

## **Challenge 9 – running**

Go out for a run (if possible 3 times in a week). Aim to run 5miles in your weekly challenge. See which level you can get to.

Bronze – 5 miles

Silver – 8 miles

Gold – 10 miles

Platinum – 15 miles

## **Challenge 10 – Tik tok plank**

Attempt the tik tok plank challenge with a family member or individually. Upload a video or photo at #LCHSEd.

Good luck and have fun!

## **Challenge 11 – Tik tok dance**

Attempt to learn a tik tok dance with a family member or individually. Upload a video or photo at #LCHSEd.

Good luck and have fun!

**Challenge 12** – create a fitness plan

Use the exercises below to create a fitness session for you and your family. Choose up to 8 exercises. For each exercise do it for 30 seconds. Repeat the whole circuit 3 times.

Squats
Sit ups
Star jumps
Lunges
Press ups
Burpees
Mountain climbers
Heel flicks
High knees
Running on the spot
Leg raises
Skipping
Squat jumps