

The **GREEN** boxes are physical activity -
can you complete at least one of these each day?

<p>How many speed bounces can you do in a minute? Can you increase the amount each day?</p>	<p>Another fitness routine to join in https://www.youtube.com/watch?v=mhHY8mOQ5eo</p>	<p>8 Minute workout https://www.youtube.com/watch?v=YIB2SJnHBQ.</p>
<p>Kids Yoga https://www.youtube.com/watch?v=tWSgNEs4IPg</p>	<p>If you have access to a FitBit or a step counter, see how many steps you can do in 30 minutes. Record your score each day</p>	<p>Think of a different physical activity to do each day for 20mins or more.</p>
<p>Look at 'Supermovers', lots to choose from to keep you active. Write down which ones you join in. https://www.bbc.co.uk/teach/supermovers</p>	<p>Be active on your trampoline (if you have one) for 20 minutes. How many jumps can you perform?</p>	<p>Practice skipping (if you have a rope) and see if you can improve on the 6 rope challenges Skip, ski jumps, speed bounce, compass jump, round the world, jump over the world</p>
<p>Have a dance off! Use Just Dance on YouTube to find the best dancer</p>	<p>Design and take part in your own HIIT workout - use the internet to research ideas</p>	<p>See how long you can perform a plank - attempt to beat your score at 5 different parts of the day</p>
<p>Use the Body Coach videos to copy 2 workouts</p>	<p>Access Go Noodle and participate in an activity for 20 minutes or more</p>	<p>Follow the attached Daily Word Fit and spell out 5 different words each day</p>

Carry out any of the following activities - we look forward to seeing and hearing about your ideas. Have fun		
Design a new playground for our school. You have an unlimited budget and can include any area (sport based) you wish!	Create a new sport that we can play in PE. Think of a fun name for it and list the main rules. And who knows, maybe one day we'll give it a go	Think of a sporting hero and create 10 questions you would like to ask them in an interview
Create a water safety poster for use at a swimming pool.	Create a water safety poster for use at the beach	Write a letter to our local MP to ask for one of the following: Explain why this is needed <ul style="list-style-type: none"> - Water Park - BMX park - Table tennis centre - Outdoor ski slope
Name the 6 School Games Values and explain what they mean	Create your all-time best Football XI - No more than 2 players from the same country!	Create 5 new games to play with the equipment we have at school
Design a poster for Sports Day	Plan your own sports day - which events would you include?	List 20 reasons why you think Sport is good for you
Explain why exercise is good for you and what it does to your body.	What other equipment would you like for breaktimes? Explain.	Can you create your own exercise routine and write down the moves you would use?
Draw and label the flags that you may see around water to keep you safe.	Research and write the rules of a sport you like	Create your own game and write the rules for someone else to follow
What is your favourite sport/activity? Why?	Research the history of the Olympics. Tell me about the Events and any other interesting facts you find.	What sport/activity would you like to try at school? Explain why.
Make a diary of what you eat, each day, for breakfast, Lunch and Dinner.	Tell me about any sporting/physical activity you do out of school (swimming lesson/football club etc)	What is good hygiene? Give examples.

	EASY	MEDIUM	HARD
A	10 Tuck Jumps	15 Tuck jumps	20 Tuck Jumps
B	10 lunges	15 lunges	20 lunges
C	10 squats	15 squats	20 squats
D	15 big jump	20 big jump	25 big jump
E	30 leg drives	40 leg drives	50 leg drives
F	10 burpees	20 burpees	30 burpees
G	30 windmill	40 windmill	50 windmill
H	20 star jumps	25 star jumps	30 star jumps
I	15 tuck jumps	20 tuck jumps	25 tuck jumps
J	15 lunges	25 lunges	35 lunges
K	50 windmill	75 windmill	100 windmill
L	30 big jump	40 big jump	50 big jump
M	20 burpees	25 burpees	30 burpees
N	40 speed bounce	50 speed bounce	60 speed bounce
O	15 squat jump	20 squat jump	25 squat jump
P	15 squats	25 squats	35 Squats
Q	40 quick feet shuffle	45 quick feet shuffle	50 quick feet shuffle
R	30 skips	40 skips	50 skips
S	20 star jumps	25 star jumps	30 star jumps
T	50 speed bounce	60 speed bounce	70 speed bounce
U	20 tuck jumps	30 tuck jumps	40 tuck jumps
V	20 burpees	30 burpees	40 burpees
W	25 tuck jumps	35 tuck jumps	45 tuck jumps
X	80 speed bounce	90 speed bounce	100 speed bounce
Y	40 spotty dogs	50 spotty dogs	60 spotty dogs
Z	50 leg drives	55 leg drives	60 leg drives