

Hi there! I hope you are all looking after yourselves during the break we have from school. It is going to be important during this time for you to keep exercising at home especially as you are not having your usual PE lessons at school. Below, are some challenge cards for exercises you can do at home or in the garden. If possible, try to exercise for 15-30 minutes a day - it will help beat the boredom too!

As well as the things I have listed below, you could just put some of your favourite songs on and dance to those!

I hope you enjoy these and if you find anything else that is enjoyable and good for getting you active at home, let me or your teacher know so we can share it with everyone.

Take care,

Mr Smith 😊

Joe Wicks (AKA The Body Coach) is going to do home PE lessons from 9am - 9:30am live every day on his YouTube channel - don't worry if you don't get on at 9, you can replay the video. Search The Body Coach TV on YouTube to find his channel.

As always in PE, make sure you are doing things safely: do a warm-up and make sure you have plenty of space. For a warm-up, you could jog on the spot for 1-2 minutes and then do some stretches.

If you enjoyed the Norfolk Virtual School Games tennis challenge, a cricket and angling challenge have been added. Just search Norfolk School Games channel on YouTube. If you are submitting entries, make sure your parents are aware and that you follow all of the online safety guidelines we teach you at school. Enjoy!

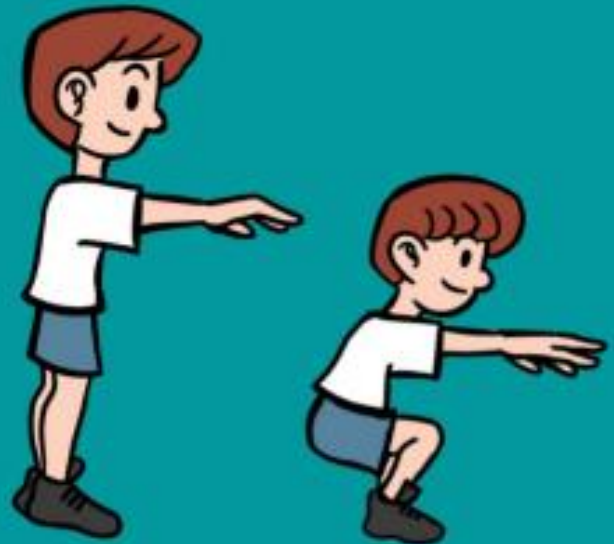
3 minute challenge



What you need: A little space and a stopwatch or clock.

How to play:

- You have 3 minutes - how many times can you complete this circuit?
- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



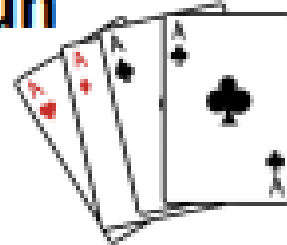
How many times did you complete the circuit?



Cards fitness fun

What you need: Pack of cards

People: 1 or more



How to play:

- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Can you complete the pack?

Cereal box challenge



What you need: an empty cereal box, one or more players.

How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.
- Top tip: hold onto your leg/s to help you to balance



How low can you go?