

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.

If you enjoyed the Norfolk Virtual School Games tennis challenge, cricket, netball, tri-golf and angling challenges 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!

Finally, an organization called the Youth Sport Trust has provided some home learning PE activities as well. I have included 3 on this document. If you enjoy them and would like to try more, visit this website: <https://www.youthsporttrust.org/60-second-physical-activity-challenges>

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.

# 60 Second Challenge

## Tap Up Tennis

Do you ask for help if you find it hard?

### The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!

**#StayHomeStayActive**



### Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

#### Achieve Gold

60 Tap Ups



#### Achieve Silver

45 Tap Ups



#### Achieve Bronze

30 Tap Ups



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# 60 Second Challenge

## Climb the Mountain

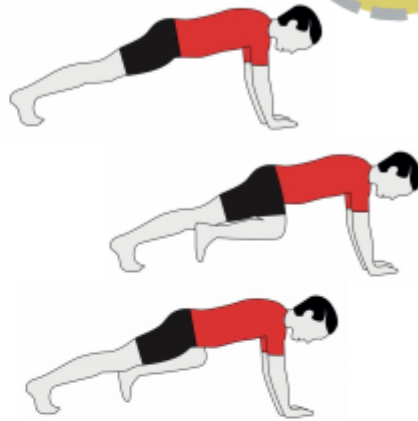
Can you keep going even when you are tired?

### 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



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# 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.

