

Name: Year Group: School:

Focus of the week: **PASSION** – putting your heart and soul into the activity and never giving up.

Working in pairs at a distance clench your fist into a ball and count to three together. When you both say the number three you need to decide if you wish to challenge your partner with a rock, paper or scissors. The table below tells you if you have won. If you win then pick a fitness challenge for your partner to do.

Here are some ideas:

- Bunny Hop for 10 Seconds
- Fast Jog on Spot for 10 seconds
- Crab walk for 20 seconds
- Hold the Plank for 15 seconds
- Do 20 Star Jumps
- Dance for 10 seconds
- Jump as high as you can 10 times
- Hop on left foot 10 times
- Hop on right foot 10 times

Or can you be creative and make up your own fitness challenge.

If you beat someone 3 times then swap partners and challenge them to Rock, Paper, and Scissors.

Rock beats scissors



Scissors beats paper



Paper beats rock



Activity

Description

Each Activity to last 5 minutes.

Enter your score or tick in the relevant box below if you took part in the activity.

<p>Move it Monday SKATEBOARDING HIPPIE JUMP Equipment: chalk, tape, something to make a rectangular shape on the floor.</p>	<ul style="list-style-type: none"> You will need: chalk, tape or something to create a shape on the floor Make a shape of a 'skateboard' approximately 50 cm x 20cm on the floor Stand with two feet on your 'skateboard'. Can you jump in the air with both feet at the same time and land on your skateboard? How many successful 'Hippie Jumps' can you do in 1 minute? Harder: Include a 'half turn'. Easier: Increase 'skateboard size to 70cm x 40cm' 	
<p>Try it Tuesday ROCK CLIMBING HORIZONTAL SPEED CLIMB Equipment: 20 Objects</p>	<ul style="list-style-type: none"> You will need: 20 objects e.g., shoes, teddies, etc. Place objects on the floor evenly spaced out over approximately 3metres. On 'Go', walk on your hands and feet, touching each object on the way, as if you are climbing a wall. How quickly can you complete the 'speed climb'? Harder: 15 objects over 2.5 metre distance. Easier: 20 objects over a 5-metre distance 	
<p>Well-Being Wednesday SIMON SAYS</p>	<ul style="list-style-type: none"> Talk to a friend/family member and challenge them to play 'Simon Says.' Set your partner different exercises to do like 'Simon Says' actions shake your whole body, Jump, spin, wave arms in the air, walk like a crab, hop, lay on back and pedal a bike, pretend to sit in a chair, arm circles, balance, touch your toes 10 times, pretend to shoot a basketball, skipping, dance, touch the floor and jump up. You can add a set number of times for each activity. Swap and then someone else becomes 'Simon.' At the end of the game ask your friend or family member the following questions: Which action did they enjoy the most? Which action was the hardest? Which action was the easiest? Ask them what they have enjoyed the most about lockdown? What has been the hardest thing about lockdown? What are they most excited to do in the future? <p>Challenge: Write down what you are most looking forward to in the future. Record it in the box!</p>	
<p>Train it Thursday KARATE MOVES Equipment: Toilet Roll</p>	<ul style="list-style-type: none"> Ask a partner to hold a toilet roll upright on a flat hand at your punching height. Make sure your fingers stay together and your hand stays flat. Their arm should be extended. (If right-handed) Standing in a lunge stance with your left leg forward and using your right arm, you will aim to punch the toilet roll target as many times as you can in 30 seconds. Each time you hit the toilet roll target you score 1 point; you then collect the toilet roll and bring it back to your partner and return to the start position. How many times can you punch the toilet roll in 30 seconds? 	
<p>Feel Good Friday FREESTYLE DANCE Music of you choice</p>	<ul style="list-style-type: none"> Choose a piece of music that makes you feel happy Dance with your family and choose who has been the most creative or active Tick the box to let us know you did it If you want to send in a picture too that would be great! Harder: Challenge yourself by Dancing for longer or changing your speed! 	