

Fitness Fun Activities – Workout 1 Aim for 40 seconds on in exercise, followed by 10 seconds of rest.	Date	Completed
Mountain Climbers Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!		
Star Jumps Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air. At the height of the jump, be sure to exclaim, “I’m a STAR!”		
Burpees Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.		
Shuttle runs for 1 minute Set up cones or an object a few metres away. Sprint there and back continuously.		
Leg Raises Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.		
Lunges Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes.		
Planks Elbows on the floor and balanced on your tiptoes with a straight body. 30 seconds is considered the gold standard.		
Butterfly Kicks Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.		

Fitness Fun Activities – Workout 2 This workout uses time rather than number of repetitions. Use a stopwatch or the timer on your phone. Aim for 40 seconds of work, followed by 10 seconds of rest.	Date	Completed
Skip for 1 minute continuously		
Squats See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet shoulder’s width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.		
Hop on one leg – complete on each leg		
Press ups on knees Hands are in line with your pectorals (chest muscles) and your body is straight. If you want to make it harder, try doing it without being on your knees but make sure your body is straight.		
Crunch sit ups Lie down on your back and bend your legs and stabilize your lower body. Cross your hands to opposite shoulders. Lift your head and shoulder blades from the ground. Lower, returning to your starting point.		
Sprint on the spot		
Stand on one leg Eyes shut and balance – perform on both legs		
Rocket jumps Stand with your feet hip-width apart, legs bent and hands on your thighs. Jump up, driving your hands straight above your head and extending your entire body. Land softly, reposition your feet and repeat.		



**Active Bingo Card KS2 PERSONAL CHALLENGES
@SGOwest Isolation Challenge**

Create a dance	Walk for 30 minutes	Set your personal best of keepy uppy's	Make and play game in the Garden	Make an Obstacle course	Do a Jo Wicks kids workout
Help carry heavy shopping in and unpack it	Do A Jo Wicks Kids Workout	Cycle or Scoot for 30 minutes	Disney Wake and Shakes x2	Cycle for 30 minutes	Walk to Local Park
Walk to local forest	Do some Cosmic Kids Yoga	Walk to Nothe Fort	Walk for 15 mins	Do Just Dance Youtube video	Do 3 personal challenges
Go Noodle Activities	Do 2 personal challenges	Play catch in the garden	Teach a dance to someone at home	Disney Wake and Shake x3	Cycle or Scoot for 15 minutes

Your Isolation challenge is to complete as many activities from the card before the end of each month. The challenge will start again at the beginning of each month. No matter what you try make sure you are safe, share the experience with an adult at home.

Good luck and keep active. Name _____ School _____ Class _____

Isolation Challenges

Today we are launching the Isolation Challenge to all students. We know how much physical activity plays a vital role in our every day life and how vital it is to leading a healthy and balanced life. We know how important it will be to keep our children fit and active. We would like to provide you with some challenges and resources to complete at home.

We are tasking you of completing 60 active minutes each day, there are loads of fun options for you and you should try and do a mix of personal challenges, Bingo activities and fun links below.

- Isolation Active Bingo Card
- Fun Fitness Activities Workouts
- Isolation Personal Challenges

Please also see some useful links below to get you started with the bingo challenges and some ideas of how to be active.

Websites

Change4life Activities for Children

<https://www.nhs.uk/change4life>

Cosmic Kids Yoga – Youtube

https://www.youtube.com/results?search_query=cosmic+yoga

Joe Wicks Kids Workouts – Youtube

https://www.youtube.com/results?search_query=joe+wicks+kids+workout

GoNoodle Activities

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

<https://family.gonoodle.com/channels/fresh-start-fitness>

Joe Wicks Kids Workouts – Youtube

https://www.youtube.com/results?search_query=joe+wicks+kids+workout

Just Dance

https://www.youtube.com/results?search_query=kids+just+dance

Personal Challenges/Isolation challenge (Level 0)

In the school games mark criteria this year there is a requirement for silver and gold to have personal challenges for students. Schools need to position “personal challenge” as a key component of their school games provision. With the closure of schools looming and the uncertainty around the Coronavirus this is a great time to task your students to complete physical activity at home in isolation. This is a great way to get them to contribute towards their 60 minutes of physical activity (on average per day) throughout the week.

<p>Try to share your challenges in a blog on your school games web page or tweet!</p>	<p>Examples of Possible Personal Challenges – these are just a few ideas, get creative and invent new ways to challenge yourself. Remember the idea is to try and improve your score with lots of goes over a period of time!</p>			
<p>@SGOwest @DorsetGames @YourschoolGames #Isolationchallenge #personalchallenge</p>		<p>How long can I hold the plank position? Or set a time limit.</p>		<p>How many speed bounce can I do in 30 seconds? You can use a line instead if you do not have the triangle mat.</p>
<p>Example twitter posts from other areas It's a 7 times up the rope #personalchallenge 4 weeks ago this boy's best effort was 3 times! @YourSchoolGames @ChesterfieldSSP</p> 		<p>How many sit ups can I do in 30 seconds? Remember safety in having correct body/hand positioning.</p>		<p>How many keepy ups can I do ? There are some great football video clips of football/ball challenges on you tube.</p>
<p>At netball yesterday incorporating personal challenge (level 0) for resting teams figure 8, 30 sec challenge @YourSchoolGames #thisgirlcan</p>		<p>How many times can I bounce the ball up and down on the bat? Make it harder by doing alternate sides or side and edge!</p>		<p>How far can I sprint in 20 seconds ? Change the distance or change to time – how far can I run in 3 minutes?</p>
		<p>How far can I throw a ball? Or how accurate? Into a bin or box? Vary the implement – think of space and safety</p>		<p>How many star jumps can I do in 30 seconds?</p>

Personal Challenges/Isolation challenge (Level 0)

		<p>How many shots can I get in in 1 minute? Or make it easier how many times do I hit the backboard or ring?</p>	<p>#GetCreative #personalchallenge #Isolationchallenge</p>	<p>The possibilities are endless – please set those personal challenges and let your SGO know @SGOwest</p>
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Here are some more ideas to get you started!

<u>Personal Challenge Skills</u>	Date	Completed
Bounce a ball with one hand, as many times as possible, whilst on the move – perform with both left and right		
Stand 2 metres from a wall, throw a ball against the wall and try to catch before it touches the floor – both hands x 10 / right hand x 10 / left hand x 10		
Stand in a star shape / get a family member to stand in front of you / they must roll a ball through your legs / turn and collect the ball as quickly as possible		
Keepie uppie challenge using either a racket and a ball or a football – time how long you can keep the ball in the air without dropping it		
Rotate a hoop on your hand / waist / neck / leg / foot – time how long you keep it moving		
Juggling challenge – use either 2 or 3 scarves or 2 or 3 balls – time how long you keep it moving		
Place 6 small objects around you / stand on one leg and reach to pick them up, without falling or putting your foot on the floor		
Using whatever you have at home (tiled floor, chalk, tape, etc) make a hopscotch grid and play		
Using a ball, pass the ball from one hand to another around legs in a figure of eight – x 10 one way then the other		
Create your own game, which raises your heartrate and is fun to play! Teach this to your family		

