

# Weekly Challenge: week commencing 23<sup>rd</sup> February



During this lockdown we want to keep you physically active and we would also like to continue developing those key life skills/ experiences.

Each week you will be set three challenges for you to have a go at.

We look forward to seeing photos of your participation in these.

## **Mr Simpson's Challenge – 'On the spot fitness'**

**Aim** – how many times can you complete the circuit (star jumps, sky jumps, press ups) in 60 sec

**Equipment** – None

**The Challenge:**

- **Star jumps** - Stand upright legs together arms by your side, jump out with legs and arms at same time to make a star.
- **Sky Jumps** - crouch down touch the floor then jump up to touch the sky
- **Press up's** - the press ups can be a full press up or done on knees

**Reception & KS1 (years1/2)** how many time can you complete the circuit above, do each exercise 3 times then move onto the next once complete start again, remember do each exercise in a set of 3, so each circuit is 9 points so after the first circuit just keep on adding up, have 3 attempts and send in your biggest score in 60 sec

*e.g. 2 full circuits 18 points and time ran out after 2 star jumps makes the overall score 20*

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**Lower KS2 (years 3/4)** how many time can you complete the circuit above do each exercise 5 times then move onto the next once complete start again, remember do each exercise in a set of 5, so each circuit is 15 points so after the first circuit just keep on adding up, have 3 attempts and send in your biggest score in 60 sec

**Upper KS2 (years 5/6)** how many time can you complete the circuit above do each exercise 5 times then move onto the next once complete start again, remember do each exercise in a set of 5, so each circuit is 15 points so after the first circuit just keep on adding up, have 3 attempts and send in your biggest score in 60 sec

*e.g. 3 full circuits is 45 points and time ran out after 2 star jumps makes the overall score 47*

GOOD LUCK!

## Mrs Pawlitta's Challenge – 'Hoop Challenge'

### CHALLENGE

#### Personal Challenge

#### OVERVIEW

**AIM;**  
How many times can you step in and step out of a circle in 60 seconds?

#### Set Up and Rules

- Make sure you have a nice clear space and mark out a circle on the floor – Hula Hoop/Socks will do!
- Step into the circle and back out the circle as quickly as possible. No Jumping.

#### COACHING TIPS:

Practice fast feet by running on the spot.

#### Step in Step Out Challenge

#### EQUIPMENT NEEDED

Hula Hoop or anything to make a circle.  
Timer or stopwatch



#### SCORING & JUDGING

**Rules:**  
You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!  
How many steps can you complete in 60 seconds.

**How To Practise / Get Better:**  
Mark out two circles; with a partner see who can step in and out of their circle the most amount of times?

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## Mrs Smith's Challenge – Cake challenge

**Aim** – To get you baking with your family

**Equipment and ingredients** – see your recipe

### **The Challenge:**

At the start of this year, I set myself a challenge- to bake a different flavour cake each month. So far, I have done a scrumptious chocolate cake and a delicious carrot cake. I am wondering what to do next. Can you bake a cake with your

family to inspire me? Looking forward to seeing your fabulous creations. Don't forget I might ask you for the recipe?

