

Running Stamina Challenge

How long can you run for?
Time yourself in a safe space.
See if you can try again and improve your time after a rest (this could be 5 minutes rest, the following day or in a few days time). The more you do it, the fitter you will be!
Remember through, our muscles and body need rest and time to recover too!

COMMANDO JOE

Build an obstacle course either in your house or garden using whatever items you can find! Challenge your family to see who can get through the obstacle course the quickest! Can you beat your own time?



Fitness Bingo

Create your own Bingo squares. In each square write down an exercise including repetitions or length of time needed to complete it, e.g. squat 10 times or plank for 20 seconds. Split the bingo sheets up between the players from your household and choose a leader. The leader will then call out the exercises randomly one by one! The first person to have completed all the exercises on their sheet after they've been called out shouts 'FITNESS BINGO!' And is the winner.

Indoor Bowling

All you need is 10 plastic bottles filled part way with water for stability. Set them up like regular bowling pins and use a medium size ball to roll and knock them down. Score 1 point per pin knocked down. A reward goes to the winner with the most points!



Year 6

Tik Tok Dance Challenge

PE



Here are 9 activities which you can try at home to keep fit.
Try to complete at least 1 each week.

Morning Yoga

hold each pose for 10 seconds



Repeat this sequence x6

keep your back straight

#STAYATHOMECHALLENGE

Take on the Stay at Home Toilet Roll Challenge – how many keepie-uppies can you do with a toilet role?
Messi managed 32 touches!

PEwith Joe

Spell your name exercise circuit!
Can you spell your first and last name?

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|----------------------|----------------------|
| A - 45 sec Plank | N - 25 Squats |
| B - 50 Jumping Jack | O - 25 Burpees |
| C - 30 Squats | P - 15 Arm Circles |
| D - 10 Burpees | Q - 45 sec Plank |
| E - 1 min Wall Sit | R - 15 Push-Ups |
| F - 15 Push-Ups | S - 30 Burpees |
| G - 20 Arm Circles | T - 30 Arm Circles |
| H - 20 Squats | U - 40 Jumping Jacks |
| I - 30 Jumping Jacks | V - 3 min Wall Sit |
| J - 45 sec Plank | W - 20 Burpees |
| K - 10 Push-Ups | X - 60 Jumping Jacks |
| L - 2 min Wall Sit | Y - 45 sec Plank |
| M - 20 Burpees | Z - 20 Push-Ups |

@dianne_buswell_official and Joe Sugg have got a dance tutorial to Ollie Murs' Dance with me tonight. Can you learn it? Can you teach it to a family member and perform it



together? The tutorial is available on her Tik Tok and YouTube Channel.

Do a Joe Wicks workout as a family! Write down in your book the exercises you did and how you felt afterwards.