

Family PE Easter Challenge

Task 1: Please find below 7 activities and their explanations on how to complete each one.

Can you challenge your family to join you for this activity? You can choose to all do the activity for the same amount of time or you could differentiate it depending on age.

Reception: 20 seconds

Year 1: 25 seconds

Year 2: 30 seconds

Adults: 1 minute

Count how many times you do each thing (reps). Write each family member's name in a coloured box and record their score next to the exercise.

You might decide to revisit this a few days later and see if you can beat your scores!

| Star Jumps | | | | | | |
|----------------|--|--|--|--|--|--|
| Jumping Twists | | | | | | |
| Punches | | | | | | |
| Touch the Sky | | | | | | |
| Squats | | | | | | |
| Walkouts | | | | | | |
| Side Lunges | | | | | | |

Task 2: Click on the link below and join Oti Mabuse from Strictly Come Dancing in a 30-minute dance lesson to learn a dance routine from Shrek!

<https://www.bing.com/videos/search?q=oti+mabuse+youtube&docid=607996373226884668&mid=079740A970D449BF6518079740A970D449BF6518&view=detail&FORM=VIRE>



Star Jumps

1. Stand straight with your arms by your side and feet shoulder width apart.
2. Jump upwards, bringing your arms and legs out to make a star shape as you land.
3. Jump upwards again to bring your feet and arms back to the starting position



Jumping twists

1. Jump and twist one way, staying on the spot.
2. Jump and twist the other way staying on the spot.
3. Use your arms to help you twist left and right.



Punches

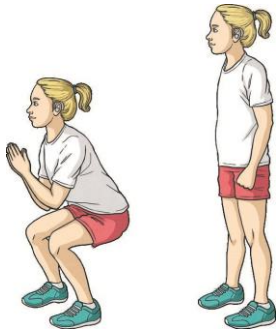
1. Stand with a wide stance and slightly bent knees.
2. Try the following punches:
 - forward punches;
 - upper cuts;
 - punching upwards;
 - hooks.



Touch the Sky

1. Start with your feet nice and wide.
2. Squat down and touch the floor with both hands between your legs.
3. Stand up tall and reach up high with your hands above your head.





Squats

1. Start with your feet a bit wider than shoulder width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep your back straight.



Walkouts

1. Start standing tall.
2. Place both hands on the floor and walk them out into a press-up position.
3. Tap each shoulder with the opposite hand one at a time.
4. Walk your hands back and stand up tall.

You can take out the shoulder-taps to make this less challenging.



Side Lunges

1. Start with your feet together.
2. Lunge to one side, bending at the knees and hips.
3. Step your lunging foot back to the centre.
4. Lunge to the other side.
5. Keep your back straight.

We hope you enjoy this week's PE Challenges!

You can always let us know how you are getting on via the Hassocks Infants School new Facebook page.

Take care and look after yourselves, we miss you all.

Jenny & Abi x