

Family Fitness Challenge

Task 1: Please find below 6 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!

Sumo Squats						
Box Push ups						
In and Outs						
Sit Down Toe Touch and Clap						
Double Squat and Lunge						
Knee to Elbow						



Sumo Squats

1. Turn your feet out and start in a wide stance.
2. Squat down really low into a sumo position and back up again.
3. Push through your heels and drive upwards to stand up tall.
4. Remember to keep a straight back.



Box Push-Ups

1. Start with your arms straight and your hands and knees on the floor.
2. Lower your upper body down towards the floor by bending your arms.
3. Straighten your arms to bring your upper body back up again.



In and Outs

1. Start in a press-up position.
2. Walk one foot in and then the other.
3. Walk one foot back out and then the other.



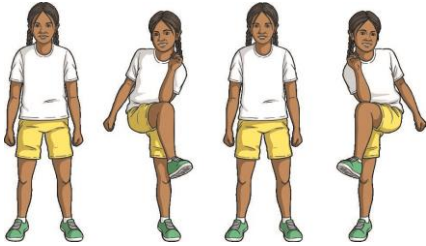
Sit Down Toe Touch and Clap

1. Sit down.
2. Put your legs out in front of you and touch your toes.
3. Stand up.
4. Clap your hands above your head.

Double Squat and Lunge



1. Start with your feet a bit wider than shoulder width apart.
2. Squat down twice.
3. Lunge back with one leg, return to standing and then lunge back with the other leg.



Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards to opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.

Task 2:

Sport Mindfulness Colouring – Attached are 6 sheets of colouring each based around a different sport. How colourful can you make one or more?

We hope you enjoy this week's PE Challenges!

Take care and look after yourselves, we hope to see you soon.

Jenny & Abi x