

Margaret Roper KS1 and 2 PE Summer Challenge!

Can you carry out any of these challenges? Give them a go at home during the holidays, keep practising and see if you can achieve them. Parents/carers, feel free to try them as well!

Challenge One

How long can you run for? Time yourself in a safe space. See 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 though, our muscles and body need rest and time to recover too!

Challenge Two

Can you carry out Mr Bathmaker's HIIT workout? Repeat each move 12-20 times (reps) and complete 3- 4 times (sets)

- 1. Lunges**
- 2. Star Jumps**
- 3. Squats**
- 4. Mountain Climbers**

Challenge Three

How long can you hold a squat against a wall for?

Remember to -

- keep your back straight and pressed up against the wall**
- knees at a 90**
- knee not to go over your ankle**
- head up**

Suggested links

Go Noodle

This is a brilliant online resource that features lots of different clips to follow- workouts, dance routines, calming yoga, breathing exercises. Simply create a log in for free and enjoy the various videos!

<https://www.gonoodle.com/>

Cosmic Yoga

A website providing a variety of yoga clips to follow. You can select the length, energy level and category to suit what you are wanting to do.

<https://www.cosmickids.com/>

The Body Coach

Lots of different HIIT workouts suitable for children and adults. Great for fitness levels and to get you moving!

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>