**Week 1 Challenge**

Every week we will set a challenge for pupils to have a go at, this week’s challenge is a fitness based challenge!

1. For year 3,4,5 and 6 and all secondary pupils have a go at Joe Wick’s ‘PE with Joe’ one day this week (ideally Monday). Click on the link [Joe Wicks Body Coach](https://www.youtube.com/user/thebodycoach1)
* For EYFS and Year 1 and 2 try some of these workouts [Animal Movements – (Balance, Strength, Movement skills)](https://www.youtube.com/watch?v=BvH-2_iRlNw) ,[Basic movement patterns- Can you copy them at home?](https://www.youtube.com/watch?v=4zxmyRvFZNQ) [CBBC- Andy's Wild Workout series](https://www.bbc.co.uk/programmes/p06tmmvz), [Train Like a superhero](https://www.youtube.com/channel/UCokO71NW3TgndaSNyHIqwtQ) , [Show your moves with the UK Move Crew](https://ukactivekids.com/movecrew/) , <https://youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b>
1. Whilst you are taking part in the workout, have a think about these questions: What type of exercises is your instructor asking you to perform? How long did they ask you to do each exercise for? Did they give you a rest and if so how long for? Did he do a warm up and cool down?
2. After you have taken part and had a think about these questions we would like you to design your own workout/circuit using the table below.
3. Once you have designed your workout, have a go at it and see how many of each exercise you can achieve and record your score. You can use the table on the next page or create your own on a blank piece of paper.
4. Practice you workout each day this week and see if you can beat you scores.
5. Challenge people in your house to have a go.
6. We would love for you to share your workout and videos/photos of you taking part in your workout, on our Facebook page <https://www.facebook.com/Rossendalessp/>

Good luck!

Warm up: (describe your warm up)

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| --- | --- | --- | --- |
| Activity- for example- press ups | How long for? (How many seconds?) | How long rest until the next activity? (How many seconds?) | Record your score, can you beat it? |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |
| 6. |  |  |  |
| 7. |  |  |  |
| 8. |  |  |  |
| 9. |  |  |  |
| 10. |  |  |  |

Cool down: (describe your cool down)