

CRESTWOOD PARK PRIMARY SCHOOL

Virtual PE challenge

Complete as many of the challenges as you can. Rewards and prizes for completing rows/diagonals/columns and special prize for completing a full house!

10 sit ups	Create and complete an agility drill	Plank for 30 seconds	Create a HIIT session	Create a shuttle run game	20 press ups 20 sit us 20 burpees	20 squats	10 press ups 10 sit ups 10 burpess	Stand on one leg for 15 seconds	Create a game and play with your family
Create a game and play with your family	Create own circuit session	10 squats	10 star jumps	15 press ups 15 sit ups 15 burpees	#PE with Joe	Complete #PE with Joe	Throw, clap, catch a pair of socks 8x	10 star jumps	Plank for 1 minute
Complete an online yoga class	Create a HIIT session	15 sit ups	Complete an online yoga class	Throw, clap, catch a pair of socks 8x	10 pencil jumps	Sprint on the spot for 30 seconds	10 pencil jumps	Create a shuttle run game	Jog on the spot for 1 minute
Jog on the spot for 1 minute	Throw, clap, catch a pair of socks 3x	Throw, clap, catch a pair of socks 5x	Copy and perform a dance	10 pencil jumps	Create a game and play with your family	Stand on one leg for 15 seconds	10 squats	Throw, clap, catch a pair of socks 3x	15 press ups 15 sit ups 15 burpees
Plank for 1 minute	10 press ups 10 sit ups 10 burpess	Sprint on the spot for 30 seconds	3 tuck jumps	20 sit ups	Stand on one leg for 30 seconds	3 tuck jumps	Create own circuit session	3 tuck jumps	15 squats
Complete #PE with Joe	Create a shuttle run game	Copy and perform a dance	10 press ups 10 sit ups 10 burpess	Plank for 30 seconds	Jog on the spot for 1 minute	Create and complete an agility drill	Stand on one leg for 15 seconds	Copy and perform a dance	Throw, clap, catch a pair of socks 5x
Throw, clap, catch a pair of socks 5x	20 press ups 20 sit us 20 burpees	Throw, clap, catch a pair of socks 3x	Throw, clap, catch a pair of socks 8x	Sprint on the spot for 30 seconds	15 squats	Stand on one leg for 30 seconds	Create a HIIT session	10 squats	20 squats
15 press ups 15 sit ups 15 burpees	10 star jumps	20 press ups 20 sit us 20 burpees	15 squats	Create and complete an agility drill	Create own circuit session	Plank for 1 minute	Complete an online yoga class	Plank for 30 seconds	Stand on one leg for 30 seconds

High-intensity interval training (HIIT) is a form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods, until too exhausted to continue. Though there is no universal HIIT session duration, these intense workouts typically last under 30 minutes, with times varying based on a participant's current fitness level. The intensity of HIIT also depends on the duration of the session



Send in photos of your grids & photos/videos of your activities to Mr Barnett at abarnett@crestwood-p.dudley.sch.uk & we will share some on the newsletter