

Keep track of your results. Take pictures to check on your progress and see what you've achieved!

Mr Martin's month of madness

Drink at least 3 pints of water every day and wash your hands regularly!

<p><u>March 23rd</u> Create a dance or a dance move to a song. What is the name of your dance move? What is the name of your song?</p>	<p><u>March 24th</u> Give out 5 compliments to different people today. Write down what they are</p>	<p><u>March 25th</u> Predict how long it would take you to run around your garden / house / street 3 times. What was your actual time? Can you beat it?</p>	<p><u>March 26th</u> Practice a gymnastic movement and try and perfect it. Be careful!</p>	<p><u>March 27th</u> Create a game with a friend or parent. What is the name of the game? What are the rules? Try it out!</p>	<p><u>March 28th</u> Play catch with tennis ball / bean bag / toilet roll. How many times can you catch it? If you're feeling brave go to one hand and close one eye.</p>	<p><u>March 29th</u> Call a grandparent or family member and ask how they are feeling. Show them an exercise you have done this week.</p>
<p><u>March 30th</u> Perform a plank for 30 seconds. Try and beat your score. The world record is 8 hours one minute!</p>	<p><u>March 31st</u> Do 1 star jump for every minute you have spent watching TV / gaming / on your phone / IPAD today.</p>	<p><u>April 1st</u> Do your favourite outdoor activity in your garden. What is the activity?</p>	<p><u>April 2nd</u> Build a fort outside or inside. Be creative, but don't break anything of your parents!</p>	<p><u>April 3rd</u> Play catch with somebody in your family or use a wall to catch the rebounds. How many catches can you get?</p>	<p><u>April 4th</u> Today you get an early night! Go to bed one hour earlier than usual.</p>	<p><u>April 5th</u> Give everyone in your family a hug and a compliment for the day. Kindness means the world!</p>
<p><u>April 6th</u> Go for a run / walk with somebody or on your own. Discuss how your body feels afterwards and why!</p>	<p><u>April 7th</u> Write out the alphabet in press ups or balances. How can you do this? Were there any letters you couldn't do?</p>	<p><u>April 8th</u> Write down three healthy foods you have eaten today. What are they?</p>	<p><u>April 9th</u> Rather than watching all your adverts today, perform an exercise during every ad break!</p>	<p><u>April 10th</u> Keep a balloon in the air for as long as you possibly can.</p>	<p><u>April 11th</u> Find something to hang on – a branch or something safe. How long can you hang on for?</p>	<p><u>April 12th</u> Perform / create an exercise for every letter of the alphabet!</p>

Good

I can identify the correct technique for these exercises

Fitness Challenge

Outstanding

I can perform these exercises and show improvement over time

- Complete each fitness challenge yourself and record your score in the table below. Use the resources to help you complete these challenges effectively.

Fitness Challenge	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score	Attempt 4 score	Best Score
30 second squat challenge					
1 minute sit up					
30 second star jump					
Wall sit – How long can you last for?					
30 second burpee's					
Plank – How long can you last for?					

Challenge 2: How many squats can you do in 30 seconds?

Description

- Stand up tall to start and place your arms out in front of you.
- Bend your knees so that your legs are at a right angle at the knee joint.
- Pretend you are about to sit down on a chair.
- Keep your weight forwards and arms out at shoulder height.
- Slowly stretch the legs to return to a standing position.
- As you stand, squeeze your hips forwards.

Finding it easy? Try this...

- Increase the time to a 1 minute challenge.
- Jump squats: as you return to a standing position, add a jump before continuing.
- Hold the squat position against a wall for as long as you can.



GLUTEAL
MUSCLES

Challenge 1: How many sit-ups can you do in one minute?

Description

- Start by lying down with your back on the floor.
- Place your feet flat on the floor with your knees raised (you can ask a partner to hold your feet down if you wish).
- Fold your arms across your chest.
- Slowly raise your head and shoulders off the floor so that you are in a sitting position. Slowly roll back down to the floor and repeat.
- Don't forget to count how many you complete in 1 minute!

Finding it easy? Try this...

- Try holding a ball whilst you are performing the sit-ups.
- If you are at home, ask if you can hold a bag of flour or tin of beans for example.
- See if you can touch the opposite knee to hand as you sit up.



CORE
MUSCLES

Next attachment

Challenge 21: How many jumping jacks can you do in 30 seconds?

Description

- Start in a relaxed stance, legs together and arms by your side.
- Jump both legs out to the side and at the same time raise the arms out sideways to above head height.
- Jump back in to the starting position.

Finding it easy? Try this..

- Hold a tin of beans in each hand.
- As you jump your feet out to the side, can you instead jump your feet out sideways and into the air so that your feet come off the floor?



HEART
LUNGS

Challenge 35: Sit until you drop.

Description

- Stand with your back against a wall.
- Bend your knees and lower yourself into a sitting position so that your legs are at a right angle.
- Keep your back against the wall and your hands by your side.
- Try to time how long you can hold the position for.

Finding it easy? Try this..

- Put your arms out in front of you as you perform the wall sit.
- Have a rest and then repeat. Can you beat your time?

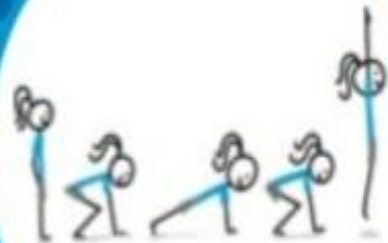


HEART
LUNGS

Challenge 19: How many burpees can you do in 30 seconds?

Description

- Start standing up, feet shoulder width apart and your arms by your side.
- Lower your body down so that you can place your hands on the floor.
- Jump your feet backwards so that you're in a press up position.
- Jump your feet back in towards your feet.
- Reach your arms over your head and jump up into the air.
- Repeat.



WHOLE
BODY

Challenge 15:

plank until you drop.

Description

- Start in a press up position, but bend your elbows so that your forearms are on the ground with your hands facing the floor.
- Make sure your body is straight from your head to your feet.
- Ensure your toes are tucked under to balance on the balls of your feet.
- Suck your tummy in.



CORE
MUSCLES

Sessions to work through

- **Non weight bearing (Body weight)**

- 1) 10 x press ups, 20 x sit up's, 5 x pull up's – 3 times
- 2) 10 x dips, 15 x sit ups, 15 x narrow press ups – 3 times
- 3) 10 x squats, 10 x split lunges, 10 x mountain climbers – 3 times

- **Cardio**

- 1) 5 minutes run in your garden/around the block then 2 minutes high knees and then 150 step ups. – Repeat twice if you are feeling brave!
- 2) 200 step ups either in your house or on a step outside and then 20 star jumps and 50 tuck jumps