



## Hampton PE two week challenge



<p><b>After every lesson challenge:</b></p> <p>Complete 1 x press-up, 1 x sit-up and 1 x squat jump after every lesson in week.</p> <p>Adapt the number to suit you, go higher or lower.</p>	<p><b>Complete a Beginner Yoga Session</b></p> <p>Follow the Tom Merrick link below:</p> <p><a href="https://www.youtube.com/watch?v=SNNKQlkoPqQ">https://www.youtube.com/watch?v=SNNKQlkoPqQ</a></p> <p>You can use another link if you prefer.</p>	<p><b>Complete the speed bounce challenge.</b></p> <p>Speed Bounce (30 seconds); You must jump over the toilet rolls as many times as you possibly can in 30 seconds!</p> <p>Film yourself and put on FireFly</p>	<p><b>Create and perform your own Hiit Session</b></p> <p>Think back to your PE lesson's before the holiday.</p>
<p><b>Perform a Hiit session</b> virtually with at least one other member of your year group</p>	<p><b>Scavenger hunt challenges</b></p> <p>Open up the image on the 3Y FireFly page for more details found under 'Resources for the two week challenge'</p>	<p><b>Complete a 3K run or walk (1)</b></p> <p>This can be outdoors or on a treadmill if you have access.</p>	<p><b>Complete a circuit</b> of 10 Squats, 10 Press Ups, 10 Star Jumps, 10 sit ups (Repeat 4 Times)</p> <p>Adapt the number to suit you, go higher or lower.</p>
<p><b>Complete an online Yoga Session with your family.</b></p> <p>Choose a routine that is appropriate by googling Tom Merrick Yoga for example</p>	<p><b>Design and complete your own circuit to perform with others</b></p> <p>Look at and read the ppt 'Design a circuit' on Third Year FireFly page.</p> <p><a href="https://hamptonschool.fireflycloud.net/pe-and-sport/school-exercise-plan/third-year">https://hamptonschool.fireflycloud.net/pe-and-sport/school-exercise-plan/third-year</a></p>	<p><b>Complete the Clap Catch challenge.</b></p> <p>Throw a ball in to the air and clap before catching, on the second throw you must clap twice band catch, on the third time clap three times before catching etc... continue to highest number you can. Film and put on FireFly</p>	<p><b>Complete a 3K run or walk (2)</b></p> <p>This can be outdoors or on a treadmill if you have access.</p>
<p><b>Complete a Saturday morning HAFA</b></p> <p>HAFA is a 12-minute effort, whereby pupils can run, jog or walk around the course aiming to go as far as they can at <u>their</u> best pace</p>	<p><b>Plank and wall sit partner challenge</b></p> <p>Challenge a partner on a video call to see how long you can hold the plank position for and then the wall-sit position. Keep a record of the results.</p>	<p><b>Complete two 9am Live Sessions with Joe Wicks</b></p> <p><a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p>	<p><b>Complete fun 'mashup' session</b> involving Hiit, Abs and yoga for all levels.</p> <p><a href="https://www.fitnessblender.com/videos/hiit-cardio-abs-and-yoga-workout-fun-mashup-with-beginner-intermediate-and-advanced-options">https://www.fitnessblender.com/videos/hiit-cardio-abs-and-yoga-workout-fun-mashup-with-beginner-intermediate-and-advanced-options</a></p>



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## Task 1: Two week PE challenge

We are setting you a challenge to complete eight different activities from the table below over the next two weeks, ending on Sunday 24 January.

Ideally plan to complete four of the activities each week. Keep a record of what you have completed and evidence of your achievement.

You can also add additional activities for example cycling, dog walking etc.

### **Scoring system (optional):**

3 points for each activity completed. You can do more than four per week.

### **Bonus points:**

10 pts for completing 8 activities.

10pts for completing the first activity on the grid in the orange box for one week (Mon to Fri).

5pts if there were two activities from each of the colour coded boxes i.e. (2 x red, 2 x blue 2 x green, 2 x yellow)

2pts for each activity providing evidence uploaded on FireFly

2pts for each activity that you performed with another person either virtually or from your own household, 1 additional point for each person involved. E.G With a classmate 2pts, with two class mates 3pts, with one sibling and both parents 4pts.

At each PE lesson in the week we will be asking for updates of how you have got on and would be interested to hear of your thoughts on the activities completed and any suggestions for improvements or alternative activities.