




Staying Active at Home

Weekly Challenges

<p>Monday - Mr Upton Challenge</p>	<p>Have a go at some fun challenges set by the fantastic Mr. Upton. See video clips on the school website or school Facebook page.</p>
<p>Tuesday - Time Yourself How many times can you bounce/jump over a pillow in 60 seconds?</p>	<div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;"> <p>60 Second Challenge Speed Bounce</p> </div> <div style="border: 2px dashed #0056b3; padding: 10px;"> <p>The Physical Challenge</p> <p>How many times can you bounce over a pillow in 60 seconds?</p> <p>Both feet must land over the pillow for the jump to count.</p> <p>#StayHomeStayActive</p>  <div style="border: 1px solid #0056b3; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 10px auto;"> <p style="font-size: 8px; text-align: center;">Are you honest? Only count the jumps that are completed properly.</p> </div> </div>
<p>Wednesday - Wellbeing Yoga Try a Yoga pose.</p>	<div style="border: 2px solid #00aaff; border-radius: 15px; padding: 10px;"> <p style="font-size: 8px; margin: 0;">Yoga Cards</p> <p style="text-align: center; margin: 5px 0;">Tree Pose - Vrikasana</p> <p style="font-size: 8px; margin: 0;">Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.</p> <ol style="list-style-type: none"> 1 Begin in mountain pose. 2 Lift your right foot, turning your knee out; place your foot below your left knee. 3 Press your hands together. 4 Raise arms overhead, and look up to your hands if possible. 5 Return hands to your chest, and lower your right leg. 6 Repeat with left leg.  </div>
<p>Thursday - Try A New Skill Can you pass a ball/a pair of socks around your tummy 10 times? Try around your knees and then around your hips. How many times can you do this?</p>	
<p>Friday - Fun Making Make something fun to help you practise your PE skills.</p>	