




Staying Active at Home

Week Three Challenges

<p>Monday - Mr Upton Challenge</p>	<p>Use the following You Tube link https://youtu.be/Sy1vqEvXxfk and have a go at the fun challenge set by Mr. Upton. Please ensure that children are accompanied when using the Internet to access You Tube, as the next video plays once the current one has ended and this content may not be appropriate for children.</p>
<p>Tuesday - Time Yourself How many burpees can you do?</p> <p>Extra Challenge - Can you double your score in 2 minutes?</p>	<div style="border: 2px dashed blue; padding: 10px;"> <p style="text-align: center;">Burpees</p> <div style="float: right; border: 1px solid black; border-radius: 50%; padding: 5px; width: fit-content;">Do you keep trying even when you want to give up?</div> <div style="clear: both;"></div> <p>The Physical Challenge</p> <p>How many burpees can you complete in 60 seconds?</p> <p>Make sure you extend your legs back once you have lowered yourself to the ground.</p> <p>#StayHomeStayActive</p>  </div>
<p>Wednesday - Wellbeing Yoga Try a Yoga pose.</p>	<div style="border: 1px solid blue; padding: 10px;"> <p>Yoga Cards Chair Pose - Utkatasana</p> <p>Benefits Strengthens legs, stretches shoulders and chest.</p> <ol style="list-style-type: none"> 1 Start in mountain pose. 2 Exhale, and bend your knees as if you were sitting in a chair. 3 Reach your arms towards the ceiling, with your palms facing each other. 4 Hold this pose and breathe.  </div>
<p>Thursday - Try A New Skill Pick the ball/pair of socks up, drop it then kick it before it hits the ground. Try to catch or kick the ball again. You get 1 point every time you catch the ball before it hits the ground.</p>	
<p>Friday - Fun Making Make something fun to help you practise your hand and eye co-ordination. Home made Bowling!</p>	