

SPRING TERM HOME PE

Year 6

3 Minute Challenge

Fitness

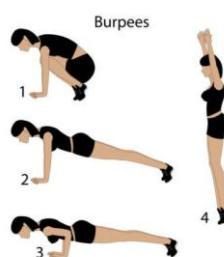
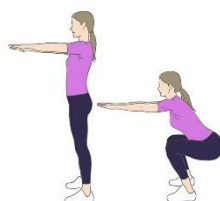
skills

Equipment: Stopwatch

How to play:

Time yourself for 3 minutes. How many times can you complete this circuit?

- 10 x Star Jumps
- 10 x Squats
- 10 x Burpees
- 10 x Sit ups



Challenges:

- Try the circuit again later – how many more activities can you complete in the same time?
- Add in press ups as an extra activity – can you still complete the same number of circuits as before?

STEP

Space -

Task – Increase the time – how many can you do in 4 minutes?

Equipment – Hold 2 cans of baked beans while you do the squats

People – Work with a partner in your home to challenge each other. If you don't have space to work at the same time, take turns and count for each other.

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London Stairs Challenge!

Fitness and

stamina

Equipment: Stairs!

How to play:

Can you climb one of these famous buildings in London?

There are many tall buildings in London. Choose one of these and climb your stairs once per floor until you have climbed to the top of your building! E.g. to climb the Gherkin, you will need to go up your stairs 41 times.

If you don't have stairs at home, could you use a step (e.g. doorstep) instead? An average flight of stairs has between 10 and 13 steps, so you'll need to do about 10 step ups for each flight of stairs you want to climb.



The Gherkin

22 Bishopsgate – 62 floors

Skill tip:

The Shard – 87 floors

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Be careful on the stairs! (Don't run down them, even if you run up!)

Challenges:

- Get someone to time you – how quickly can you complete the task?
- The Shard is the tallest building in the UK. Can you find a taller building somewhere else in the world and climb that?

Fast Feet!

improve the fast twitch muscles in your

legs

Equipment: 3 toilet rolls /or a pillow

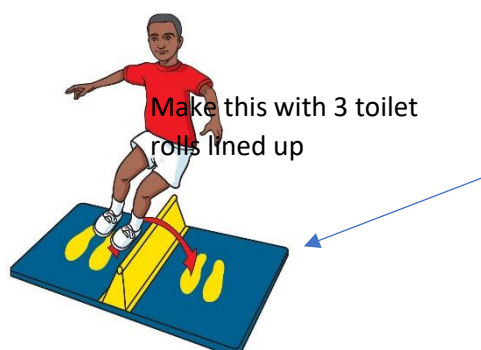
How to play:

Clear your space in your room so that you have 3 new toilet rolls standing up next to one another and a stopwatch.

Start your stopwatch and start jumping with 2 feet over the three toilet rolls as quickly as you can – count how many you can achieve in 30 seconds. Record your score on your paper. When you do this look down at the toilet rolls to ensure that you don't jump too wide but get both feet over the toilet rolls or the pillow!

Have a second go. Does your score improve?

Try again another day and see if you can get better over the week.



Challenges:

- Can you do 40 seconds?
- Time yourself to reach a target number for example can you achieve 60 jumps – how long does it take?

STEP



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Space - make the target bigger or smaller use 4 toilet rolls and stack them 2 on 2.

Task –can you work for longer?

Equipment – use a pillow (this is much more challenging).

People – see if you can ask someone in the house to have a go.