

# Lockdown 3.0

## Personal Fitness Challenges

Personal Fitness Challenges are all about trying to improve your physical skills.

The aim is to have fun whilst challenging and motivating yourself to try to beat your own score.

The challenges have been designed for all ages to take part, with times and distances adjusted to increase the difficulty.

You can adapt any challenge to suit your ability.....remember it is YOUR challenge, and YOUR score to beat.

If you need any help or advice on how to adapt these please ask your parent or teacher to email [mason@southdartmoor.devon.sch.uk](mailto:mason@southdartmoor.devon.sch.uk).

Please watch and refer to this YouTube link for demonstrations of each of the Personal Fitness Challenges:

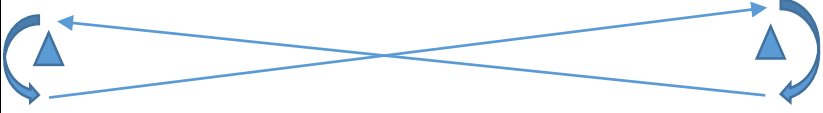
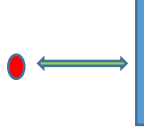

[Lockdown Personal Fitness Challenges instructions & demos - YouTube](#)

If you don't have any of the equipment at home, then find alternatives. Eg. roll up a pair of socks for a ball, teddy or books for cones.

**Name:** \_\_\_\_\_ **Class:** \_\_\_\_\_ **House Team:** \_\_\_\_\_

Personal Challenge	Equipment needed	Details of how to do the Personal Fitness Challenge	My score 1 <sup>st</sup> attempt	My score 2 <sup>nd</sup> attempt	My score 3 <sup>rd</sup> attempt
1) <b>Shuttle runs</b>	4 cones/markers  stop watch/timer	<p>How many shuttle runs can you do in: Rec &amp; Yr 1 = 15 secs, Yr 2,3 &amp; 4 = 20 secs, Yr 5 &amp; 6 = 30 secs. Can you beat your own score?</p>			
2) <b>Target throw</b>	Cone/s or something for the target  Tennis ball/rolled up socks  stop watch /timer	<p>You have 10 throws. Underarm throw/roll the ball at the target. How many times can you hit the target? Make sure you roll your ball from the same spot each time, and when you hit your target you replace it in the same spot again.</p> <p>Make it easier by being closer or having a bigger target to aim at. Increase difficulty and by increasing the distance to your target.</p>	/ 10	/10	/10
3) <b>Speed bounce</b>	2 toilet rolls side by side to give same height as a speed bouncer!	<p>How many 2 foot to 2 foot bounces side to side can you do in:</p> <p>Rec, Yr 1 &amp; 2 = 15 secs, Yr 3 &amp; 4 = 20 secs, Yr 5 &amp; 6 = 30 secs</p> <p>Can you beat your own score?</p>			
4) <b>Stork balance</b>	Stop watch/timer	<p>Place arms out to side, put sole of foot on opposite knee. How long can you hold this balance before your foot drops to the floor? Try R (right) foot and L (left) foot balance.</p> <p>For a trickier challenge, hold your lifted leg at 90 degree at the knee so your foot is behind you. How many bends up and down can you do on your standing leg?</p>	R=  L=	R=  L=	R=  L=
5) <b>Wacky Weave</b>	Cones & stop watch/timer	<p>Arrange the cones spaced out in a zig zag formation of your choice and see how many sets you can get through. Make sure you run around the outside of your cones and turn sharply to sprint to the next one.</p> <p>EYFS &amp; Yr 1 – 20 secs, Yr 2 = 30 secs, Yr 3 &amp; 4 = 40 secs, Yr 5 &amp; 6 = 45 secs</p>			
6) <b>Bunny hop challenge</b>	Toilet rolls!	<p>Can you bunny hop over 1 toilet roll, from one side to the other. Then try to build the tower.....how many toilet rolls can you bunny hop over?</p> <p>Make sure your hands are flat on the floor, stay in a tight tuck position and take your weight into your hands, lifting your hips up to clear the the toilet roll. Start in a tuck shape with your feet lined up next to the toilet roll.</p>			

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7)  <b>Stamina run</b>	2 cones	<p><b>Either make a figure of 8 loop OR design a route around the space you have at home (garden, driveway, rooms, park).</b></p> <ul style="list-style-type: none"> <li>- For a figure of 8 loop. Mark out a large area (at least 10-15 m long) for you to run around using 2 cones/markers. Starting at the start cone, run a figure of 8 loop around your cones. See how many loops of 8 you can achieve in:</li> <li>- To design a route, make sure you have a point where you come back to each time to count home many circuit laps you have completed in your set time.</li> </ul> <p>How many loops/laps can you do in: Reception, Yr 1&amp;2 = 2 mins, Yr 3&amp;4 = 4 mins, Yr 5 &amp; 6 = 5 mins.</p> 			
8)  <b>Throw &amp; Catch</b>	Tennis ball (or similar)  A wall you are allowed to throw against	<p>Standing 1 – 2m back from the wall.</p> <p>How many catches can you do in 30 secs?</p>  <p>Top Tips: you get a higher score if you throw the ball underarm flat against the wall with one hand and then catch with 2 hands. You can make it easier by letting the ball drop and bounce before you catch it. You can use this activity with a bigger ball, doing flat chest or shoulder throws. However you choose to do this challenge.....can you beat you score?!</p>			
9)  <b>Shoulder tap in front press</b>	none	 <p>Starting in a front press position, making sure the palms of your hands are flat on the floor and your shoulders in line with your wrists. When the timer starts lift one hand and tap your opposite shoulder, replace your hand back down. Then repeat using your other hand. Keep doing these shoulder taps until the timer stops. How many can you do? Can you beat your score? Remember to keep your body shape strong and flat (no high bottoms!)</p> <p>How many shoulder taps can you do in: EYFS &amp; Yr 1 = 10 secs, Yr 2&amp;3 = 15 secs, Yr 4 &amp; 5 = 20 secs, Yr 6 = 30 secs</p> <p><i>If you can't do them for this long, please don't worry. Get your best score in the time when you need to stop....and then try to beat that score after you ave rested. You can work towards the target time as you build up your strength..</i></p>			
10)  <b>Design your own!</b>		Use this space to write, draw and explain your challenge. We can share this with your class to try.			

**Can you take a photo of yourself taking part in these challenges? We would love to see and share how well you have done!**

**When you have completed the challenges please email your teacher with your name, house and best score for each activity. You'll get house points for every activity you complete!**

**We'll see who the winners are on Friday.**

**WELL DONE for completing your Personal Fitness Challenges!**