




# Nando's Workouts

- Pick two of the 20 minute workout videos to complete in today's session = **40 minute work.**
- **Try and challenge yourself with the videos you pick!**

- **PLAIN** = BEGINNER 
- **MEDIUM** = INTERMEDIATE 
- **HOT** = ADVANCED 
- **Work as hard as you can! Try not to stop!!**

**PLAIN**

**MEDIUM**

1)<https://www.youtube.com/watch?v=UItWltVZZmE>  
2)<https://www.youtube.com/watch?v=q20pLhdoEoY>  
3)<https://www.youtube.com/watch?v=bJAIFLEmwJw>

1)<https://www.youtube.com/watch?v=Rizij3icAOU>  
2)<https://www.youtube.com/watch?v=a-tDFD7U7V4>

1)<https://www.youtube.com/watch?v=xLHA5g-82vY>  
2)<https://www.youtube.com/watch?v=8VoV5w4Ea3A>  
3)<https://www.youtube.com/watch?v=Y2eOW7XYWxc>



Copy the links into Youtube to find each workout video!

# Fitness Challenges

Complete each fitness challenge below timing yourself. Record your scores in the table. Use the help sheets which tell you how to perform each activity correctly. Complete each challenge 3 times then write in your best score. Compare these scores with your friends and send your completed table to [jack.sanders@crossdale.notts.sch.uk](mailto:jack.sanders@crossdale.notts.sch.uk)

Fitness Challenge	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score	Best Score
30 second squat challenge				
1 minute sit up challenge				
30 second star jump challenge				
Longest wall sit challenge				
30 second burpee challenge				
Longest Plank Challenge				

# Lesson 2 - Fitness Challenges

## Challenge 2: How many squats can you do in 30 seconds?



GLUTEAL  
MUSCLES

### Description

- Stand up tall to start and place your arms out in front of you.
- Bend your knees so that your legs are at a right angle at the knee joint.
- Pretend you are about to sit down on a chair.
- Keep your weight forwards and arms out at shoulder height.
- Slowly stretch the legs to return to a standing position.
- As you stand, squeeze your hips forwards.

### Finding it easy? Try this...

- Increase the time to a 1 minute challenge.
- Jump squats: as you return to a standing position, add a jump before continuing.
- Hold the squat position against a wall for as long as you can.

## Challenge 1: How many sit-ups can you do in one minute?



CORE  
MUSCLES

### Description

- Start by lying down with your back on the floor.
- Place your feet flat on the floor with your knees raised (you can ask a partner to hold your feet down if you wish).
- Fold your arms across your chest.
- Slowly raise your head and shoulders off the floor so that you are in a sitting position. Slowly roll back down to the floor and repeat.
- Don't forget to count how many you complete in 1 minute!

### Finding it easy? Try this...

- Try holding a ball whilst you are performing the sit-ups.
- If you are at home, ask if you can hold a bag of flour or tin of beans for example.
- See if you can touch the opposite knee to hand as you sit up.

## Challenge 19: How many burpees can you do in 30 seconds?

### Description



WHOLE  
BODY

- Start standing up, feet shoulder width apart and your arms by your side.
- Lower your body down so that you can place your hands on the floor.
- Jump your feet backwards so that you're in a press up position.
- Jump your feet back in towards your feet.
- Reach your arms over your head and jump up into the air.
- Repeat.

## Challenge 15: plank until you drop.

### Description



CORE  
MUSCLES

- Start in a press up position, but bend your elbows so that your forearms are on the ground with your hands facing the floor.
- Make sure your body is straight from your head to your feet.
- Ensure your toes are tucked under to balance on the balls of your feet.
- Suck your tummy in.

## Challenge 21: How many jumping jacks can you do in 30 seconds?



### Description

- Start in a relaxed stance, legs together and arms by your side.
- Jump both legs out to the side and at the same time raise the arms out sideways to above head height.
- Jump back in to the starting position.

### Finding it easy? Try this...

- Hold a tin of beans in each hand.
- As you jump your feet out to the side, can you instead jump your feet out sideways and into the air so that your feet come off the floor?

HEART & LUNGS

## Challenge 35: Sit until you drop



### Description

- Stand with your back against a wall.
- Bend your knees and lower yourself into a sitting position so that your legs are at a right angle.
- Keep your back against the wall and your hands by your side.
- Try to time how long you can hold the position for.

### Finding it easy? Try this..

- Put your arms out in front of you as you perform the wall sit.
- Have a rest and then repeat. Can you beat your time?

HEART & LUNGS



# BEING ACTIVE AT HOME/ CREATE A GAME

Ever wondered who the first person was to kick a ball into a net and call it a goal? Ever wondered who decided a basket was worth 2 points? Ever wondered why Tennis is called tennis?

Well someone had to come up with these rules and create a new game! How about you create a brand new sport which we can then play in school?



## HOW TO DO IT:

### 1 FIND A SAFE SPACE



ASK YOUR ADULTS FOR SUGGESTIONS  
THE BIGGER THE SPACE, THE BETTER  
COULD BE YOUR BEDROOM, GARDEN, LIVING ROOM, CORRIDOR  
MAKE SURE IT IS A SAFE PLACE TO PLAY

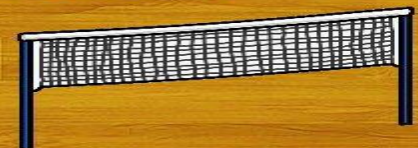
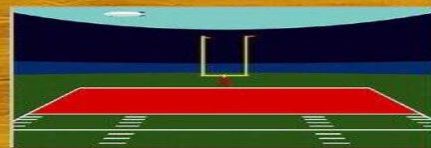
DECIDE HOW MANY PEOPLE ARE GOING TO PLAY YOUR GAME (THIS WILL HELP FOR STEP 3)

CAN YOU GET EVERYONE IN YOUR HOUSE INVOLVED? THE MORE THE MERRIER

### 2 HOW MANY PEOPLE ARE PLAYING?



### 3 WHAT TYPE OF GAME ARE YOU CREATING?



#### TARGET

SCORE POINTS FOR GETTING CLOSER TO A TARGET OR FOR KNOCKING DOWN TARGETS

(BOCCIA, DARTS, BOWLING)

#### INVASION

WORKING AGAINST ANOTHER TEAM TO MOVE AN OBJECT INTO A GOAL OR INTO AN AREA

(BASKETBALL, FOOTBALL, RUGBY)

#### NET/ WALL

MOVING AN OBJECT AGAINST A WALL OR OVER A NET WHERE YOUR OPPONENT CAN NOT RETURN THE OBJECT

(TENNIS, TABLE TENNIS, VOLLEYBALL)



# 4 SELECT THE RULES

Great opportunity to work as a team. If you're playing with a small group or in pairs, share the responsibility and pick a new rule each. Bring the rules together and 'booooooom' there's your game!

## MOVEMENT

HOW WILL YOU MOVE YOURSELVES OR YOUR EQUIPMENT?

## SPACE

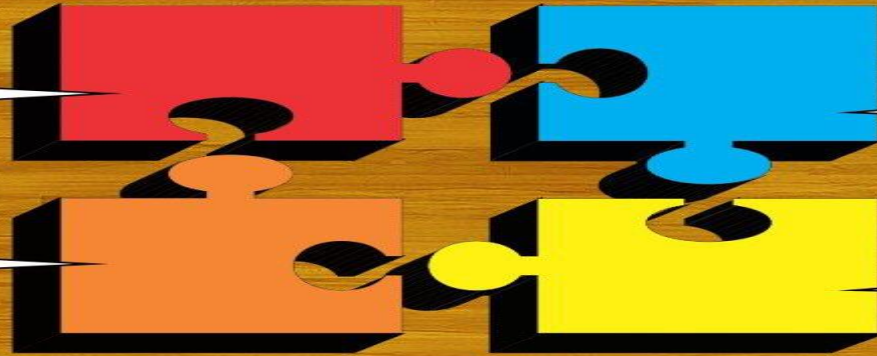
WHAT ARE YOUR 'IN' AND 'OUT' BOUNDARIES?

## EQUIPMENT

WHAT TYPE OF EQUIPMENT WILL YOU USE? HOW WILL YOU USE IT?

## HOW TO SCORE

HOW CAN YOU EARN POINTS?



# 5 PLAY THE GAME!

THE BEST PART! MAKE SURE EVERYONE KNOWS THE RULES AND GIVE YOUR NEW GAME A GO!

TWEAK YOUR RULES AT THE END IF YOU NEED TO

MAKE A TOURNAMENT/ LEAGUE IN YOUR HOUSE

TEACH IT TO SOMEONE ELSE

NAME YOUR GAME!

## WHAT'S NEXT?

MAKE A POSTER EXPLAINING YOUR NEW GAME AND ITS RULES

CHALLENGE SOMEONE TO CREATE A GAME

CREATE A NEW OR DIFFERENT TYPE OF GAME