# WHFCS PE KS2 PE

## WHFCS Challenge Week

At home this week we have a range of challenges for you to do. I would like you to try your best and stay active!

### Warm up –

Set up four cones, these could be pillows in four areas of your garden or room. You need to start in the middle, each of the corner will have a name , you could use colours or sports .You could will need family member to call out the names of the four corners , you will have to sprint to each corner then back to the middle.
**Do this for 60 seconds**
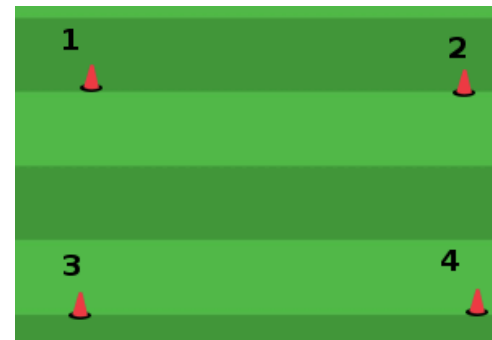
### 1. The Plank Challenge

Can you hold the plank position for 60 seconds, make sure you keep your bottom down and keep a straight back. Keep your forearms on the floor. You could challenge your family to see who can last for 60 seconds.

**Mr Jones challenge – I would like you to try to hold it for 40 seconds.**

### 2. Step up challenge

How many times can you step up and down in 60 seconds, you can use a step, a foot stool, a pile of pillows. Ensure that what you step on is safe. Make sure you do not jump, always stepping.
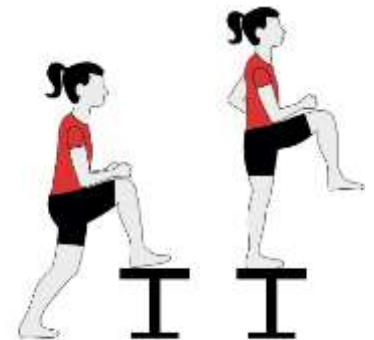
**Mr Jones challenge – I challenge you to do it 30 times.**

## 3. Squat Jump challenge

How many squat jumps can you do in 60 seconds, you need to create a line on the floor this could be a skipping rope or a sock. Ensure you stand behind the line and jump forwards perform a squat and then repeat.

**Mr Jones challenge – I challenge you to do it 25 times.**

## 4. Climb the mountain challenge

How many mountain climbers can you do in 60 seconds, ensure you follow the correct technique. Ensure your legs come up to your waist.
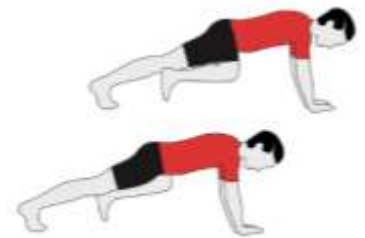
**Mr Jones challenge – I challenge you to do it 25 times.**

## 5. Burpees challenge

How many burpees can you complete in 60 seconds, make sure you extend your legs back once you have lowered yourself to the ground.

**Mr Jones challenge – I challenge you to do it 25 times.**

## Cool down –

For your cool down, I would like you to, Walk on the spot, moving arms in a gentle swinging motion.Touch shoulders with hands, then reach up overhead. Repeat five times. Skip slowly on the spot. Skip side to side. Jump or hop on the spot