

PE with Joe wicks morning workout

Every morning Monday – Friday at 9.00am Joe Wicks is going to do a workout for all ages of children from 09.00am-09.30am on his YouTube channel, more workouts can be found upon his channel –

The body coach

https://www.youtube.com/results?search_query=the+body+coach&safe=true

Personal Challenges

Personal challenge will involve you doing activities to reach your goal at the end of the week. You will give yourself 1 minute every day to beat your score.

Week 1 Activities	Days of the week – Score				
	M	T	W	T	F
Burpees					
Mountain climbers					

Week 2 Activities	Days of the week – Score				
	M	T	W	T	F
Leg raises					
Squats					

Week 3 Activities	Days of the week – Score				
	M	T	W	T	F
Butterfly kicks					
Jumping Jacks					

Week 4 Activities	Days of the week – Score				
	M	T	W	T	F
High knees					
Frog Jumps					

PE Fitness games -

- Squat Relay:** Line up on opposite sides of the room, facing each other. On "go," all kids run toward the centre of the room and meet in the middle. They do three squats, giving each other an elbow touches with both elbow in between each rep. Then they return to the starting point and repeat. The focus is on the elbow touches and the social interaction. If you have a more than four kids doing it, you could have the lines shift sideways between reps so kids meet a different friend in the middle of the room each time.
- Corners:** Divide kids up so that they each have a home corner. Then have them run around the room in a circle, on your cue, they return to their home corner and do a few easy exercises (say, 5 jumping jacks or one 30-second plank). Let kids decide what exercises to do in each corner to give them ownership over their game.



12 At-Home Workouts to Do With Your Kids

Aim for 40 seconds of work, followed by 10 seconds of rest. Alternate through the activities above and aim for a 30-minute workout.

1. Mountain Climbers	Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat.
2. Bear Crawls	Palms and feet flat on the floor, arch your back so that you look like a momma bear. Race your kids across the room. Add some fun by having a competition!
3. Star Jumps	Kids love these! Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large "X" in the air. At the height of the jump, be sure to exclaim, "I'm a STAR!"
4. Push Ups	Just be sure your hands are in line with your pectorals. If you want to make it harder, try for push-up claps, diamond push-ups, or "Y" wide push-ups.
5. Sit Ups	Another classic. Feel free to tuck your toes under the sofa or coffee table if you need a bit of support, or, ask your kids to hold your feet and vice versa.
6. Burpees	Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.
7. Squats	To do this one, stand with your feet shoulder's width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.
8. Leg Raises	Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.
9. Lunges	Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes.
10. Planks	Elbows on the floor and balanced on your tiptoes, go eye-to-eye and see who can last the longest.
11. Jumping Jacks	With many variations to the classics, this one can go from arms out like a star jump and legs out when jumping. From standard to reverse, this one will keep your heart rate up.
12. Butterfly Kicks	Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off the floor, as the move gets more difficult the closer the action is to the floor.
13. Crabs walks	Sit with your knees bent and feet flat on the ground; place palms on the ground behind you. Lift hips a few inches and walk forward on your hands and feet like a crab, then walk backward.
14. Side leg raises	Lie on one side, with your feet and hips stacked; prop yourself up on your forearm. Align shoulder over elbow. Lift your top leg straight up, keeping foot parallel with the ground and flexing your toes; pause at top, then lower.



PE Challenges

Family Challenge #1

Push Up & Sit Up Pyramid

10 push ups - 10 sit ups

9 push ups - 9 sit ups

8 push ups - 8 sit ups

..and so on until you get to 1 of each!

Quick Set with Kids

- 50 crunches
- 25 jumping jacks
- 20 lunges
- 10 tricep dips
- 5 push-ups
- 50 bicycles
- 5 burpees
- 20 squats
- 25 high knees

(repeat if desired)

FITNESS AT HOME

- 30 Jumping Jacks
- 5 Pushups
- 25 High Knees
- 7 Burpees
- 10 Crunches
- 7 Squats
- 5 Pushups
- 10 Crunches
- 5 Pushups
- 7 Squats
- 30 Jumping Jacks
- 1 Minute Wall Sit
- 5 Pushups
- 25 High Knees

Repeat 3-5 times for max results

Daily Fitness Challenge for Kids

- A: 10 Jumping Jacks
- B: 30 Second Plank
- C: Crab Walk
- D: 10 Push Ups
- E: 10 Sit Ups
- F: 5 Cartwheels
- G: Headstand
- H: 4 Somersaults
- I: Duck Walk
- J: Jump In Air 5 Times
- K: Touch Toes 6 Times
- L: Spin Around 3 Times
- M: 10 Leg Kicks
- N: 4 Lunges
- O: 3 Burpees
- P: 10 Second Butterfly
- Q: Run in Place 1 Min
- R: 7 Jumping Jacks
- S: 4 Leg Kicks
- T: 5 Sit Ups
- U: 15 Second Plank
- V: 3 Cartwheels
- W: Crab Walk
- X: 2 Somersaults
- Y: 5 Lunges
- Z: Duck Walk

Spell each day of the week for a daily workout!

Choose one challenge daily.

Workout

- 1 min High Knees
- 10 Jumping Jacks
- 15 Squats
- 10 Mountain Climbers
- 15 Side Lunges
- 10 Push Ups
- 5 Burpees
- 15 Crunches
- 60 Second wall squat

Repeat 2X

THE PYRAMID WORKOUT

...FOR KIDS!

- 20 Jumping Jacks
- 15 Frog Jumps
- 10 Push-Ups
- 5 Walking Lunges
- 10 Push-Ups
- 15 Frog Jumps
- 20 Jumping Jacks

Kid-Friendly Workout

- 20 Squat Jumps
- 15 Sit-Ups
- 10 Burpees
- 5 Push-Ups

Complete 5 Rounds For Time

Kids Indoor Training Circuit

Run in place – 30 seconds
Bicep curls – 12 repetitions
Run in place – 30 seconds
Push ups – 12 repetitions
Run in place – 30 seconds
Jumping jacks – 12 repetitions
Run in place – 30 seconds
Heels to bottom – 12 repetitions
Run in place – 30 seconds
Kids choice – 12 repetitions



WHFCS KS2 PE

Stretches



Online Challenges -

<http://www.fitnessforkidschallenge.com/challengeactivities>

