

PE ACTIVITY CHALLENGE

Choose two or more activities a week and tick the relevant box when you have completed it.

ACTIVITY IDEAS	Monday	Tuesday	Wednesday	Thursday	Friday
Design/carry out a circuit					
Baby Shark Challenge https://www.youtube.com/watch?v=LurCQ9XGkt0					
Yoga Class https://www.youtube.com/watch?v=qiu1SYtAdBg					
HIIT workout https://www.youtube.com/watch?v=qiu1SYtAdBg https://www.youtube.com/watch?v=gC_L9qAHVJ8 https://www.youtube.com/watch?v=50kH47ZztHs https://www.youtube.com/watch?v=L77b57erQ4M					
Zumba Workout https://www.youtube.com/watch?v=A7-6leM07kQ					
Bike ride					
Tabata workout https://www.youtube.com/watch?v=4dH528sDhGA https://www.bestwomensworkoutreviews.com/top-10-tabata-exercises-for-beginners https://www.youtube.com/watch?v=aUYRVSZ_VY					
Go out for a walk					
Home Fitness DVD					
Sally press up Challenge https://www.youtube.com/watch?v=41N6bKO-NVI https://www.youtube.com/watch?v=x_YFkVSp34s					

Sally squat Challenge https://www.youtube.com/watch?v=bql6siU2A7k					
Cha Cha Slide challenge https://www.youtube.com/watch?v=8UsSwsbXQ-g					
Roxanne Burpees Challenge https://www.youtube.com/watch?v=39NVwBpcSKg					
Just Dance on you tube https://www.youtube.com/watch?v=gCzgc_RelBA https://www.youtube.com/watch?v=HptRj9dGwEM					
Sit up Test https://www.youtube.com/watch?v=LewMQowkkbg					
Skipping Challenge https://www.youtube.com/watch?v=1BZM2Vre5oc					
Squat thrust Challenge https://www.youtube.com/watch?v=U_ttFp8qA84					
Other activity - write in here!					

Name	
Class	
Week Commencing Date	

	Monday	Tuesday	Wednesday	Thursday	Friday
Activity Completed Time Spent on Activity Notes					
Activity Completed Time Spent on Activity Notes					
Activity Completed Time Spent on Activity Notes					