

COVID BUSTING FITNESS CHALLENGES WEEK 7

Week beginning Monday 22nd February 2021

The Aerobic component is great fun, just follow the screen.

Please ensure you warm up and then work out sensibly where there is enough space, ventilation and where there are no slippery surfaces. Tick off your achievements as you go along Monday to Friday.

Keep going everyone and see you soon.

Mrs Gaywood

			M	T	W	T	F
Aerobic Fitness	Mon/ Wed/ Fri - Jo Wicks - Morning Workout. Tues/ Thurs - Try all of these fun activities Follow The Leader Dance- Warm up https://www.youtube.com/watch?v=riicsTE2TzQ PE At Home : 4 Spot Challenge https://www.youtube.com/watch?v=9G-DizR9rRE	20-30 mins					
Strength	DAREBEE BLAZE https://darebee.com/workouts/blaze-workout.html	20 mins					
Agility Seesaw video	See SEESAW VIDEO Agility Drills For Kids - use towels or soft toys as markers. Don't try the last activity - The box jump on the video as this is more advanced. https://www.youtube.com/watch?v=QCzymVGYwn8	5 mins					
Coordination Seesaw video	See Challenge set on SEESAW VIDEO InRhythm Body Percussion Demo https://www.youtube.com/watch?v=IVsDoCN8ELo and / or ChaCha Slide tutorial (Brilliant - have a go KS2) https://www.youtube.com/watch?v=I1qMUbEAUFw	5 mins					
Flexibility	DAREBEE ZEN https://darebee.com/workouts/zen-workout.html	10 mins					