**Fulford School PE Department Challenges**

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| Theme | Challenge 1 | Challenge 2 | Challenge 3 | Challenge 4 | Challenge 5 |
| How to Warm up research | Use google to find out the best pulse raiser | Use google to find out the best way to stretch your lower body | Use google to find out the best ways to stretch your upper body | Use google to find out what dynamic stretching for the lower body is | Use google to find out what dynamic stretching for the upper body is |
| Building up cardiovascular fitness and muscular strength | 10 minute walk  or  Beginner Body Weight Circuit Workout  Link below do it 1 time | 10 minute fast walk  or  Beginner Body Weight Circuit Workout  Link below do it 2 times | 5 minute walk, 5 minute jog, 5 minute walk  or  Beginner Body Weight Circuit Workout  Link below do it 3 times | 5 minute walk, 5 minute jog  5 minute walk, 5 minute jog  Or  Beginner Body Weight Circuit Workout  Link below do it 4 times | 10 minute jog  5 minute walk  Or  Beginner Body Weight Circuit Workout try it 5 times |
| Types of training methods | Find out what Fartlek training is and what its used for | Find out what Continuous training is and what its used for | Find out what Weight training is and what its used for | Find out what Interval training is and what its used for | Find out what Circuit training is and what its used for |
| Be Creative | Design a sports kit | Design a healthy food menu for your family | Design your own PE lesson | Design a poster for a doctors surgery on healthy lifestyles | Design your own sandwich |
| Using YouTube | Watch a YouTube clip of your favourite sport and commentate on what’s happening | Find a yoga class and do a session | Think of a skill in a sport you would like to be better at and watch what to do to improve e. g shooting in netball | Think of a sport you would like to know more rules of and watch a video on the rules | Learn a tic-tok dance |
| Planning a work out session  (Email it in!) | Plan a Fartlek training session and have a go | Plan a Continuous training session and have a go | Plan a Weight training session and have a go  e. g use bean cans for weights | Plan an Interval training session and have a go | Plan a circuit training session and have a go  e.g. steps for step ups |
| Using an online workout routine | Start your 30 day Yoga Journey with Adriene | 2021 Kickstarter Workout | 30-Minute Standing Cardio Workout with pop sugar | Find a YouTube Zumba class | Find a Youtube HIIT workout |

Links for some of the challenges:

Start your 30 day Yoga Journey with Adriene - <https://www.youtube.com/watch?v=KWBfQjuwp4E>

2021 Kickstarter Workout | 20 Minutes | The Body Coach TV - <https://www.youtube.com/watch?v=4dPXtS1aUII>

30-Minute Standing Cardio Workout with pop sugar <https://www.youtube.com/watch?v=-YJXpabrX4k>

Beginner Body Weight Circuit Workout | Nerd Fitness <https://www.youtube.com/watch?v=qvhHhDNjtxM&feature=emb_logo>

**When you do a challenge if you would like show or share it with us email it to Mrs Jagger** [**jaggers@fulford.york.sch.uk**](mailto:jaggers@fulford.york.sch.uk) **with your full name and form. Good Luck**