

Can you rise to these challenges?

I am going to set you some challenges that I have done at home.



Your aim is to try and achieve a GOLD, SILVER or BRONZE medal. Or, if you can beat Mr Rose!

Try and do these challenges once a day to improve on your scores.

Challenge 1: Around the body!

How many times can you pass an object (socks, toilet roll) around your body in 30 seconds?

Click on link to watch video:

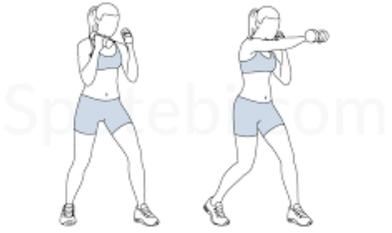
https://www.youtube.com/watch?v=XDZzK11_bcg&feature=youtu.be



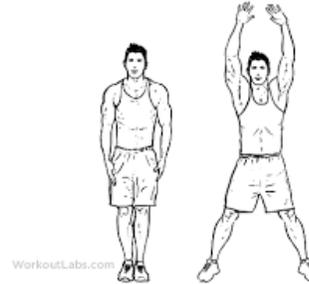
Challenge 2: Cardio Blast!

Your challenge is to see how fast you can do this set of exercises.

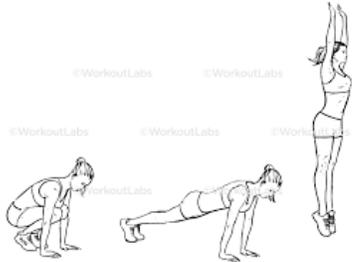
10 punches



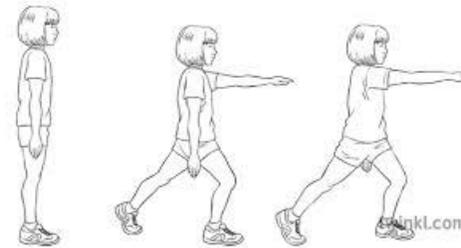
10 star jumps



10 burpees



10 Spotty dogs



10 High knees



Mr Rose: 42.46 seconds



50 seconds or quicker



60 seconds or quicker



70 seconds or quicker

Challenge 3: Socks in the box challenge!

Your challenge is to throw as many pairs of socks into the box as you can in 60 Seconds.

How to play: Get 5 pairs of rolled up socks and a washing up bowl. Put the bowl on the floor then take 4 large strides away from the bowl and put down a marker (we used a plastic cup). When the timer starts, start to throw the socks into the box one at a time, keeping count of how many successfully land in the box. When you've thrown all 5, quickly run and collect them up, run back to the marker and keep going until the 60 seconds is up.

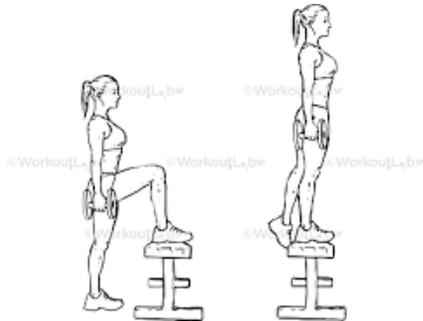
Click on link to watch video:

<https://www.youtube.com/watch?v=kQEogSVFtnU&feature=youtu.be>

Mr Rose: 23 Socks	
	17 Socks
	12 Socks
	7 Socks

Challenge 4: Step up challenge !

Using the bottom step on your stairs how many step ups can you do in 30 seconds?



Click on link to watch video:

<https://www.youtube.com/watch?v=fHllf5Zd7hk>

Mr Rose: 27 step ups



25 step ups



20 step ups



15 step ups

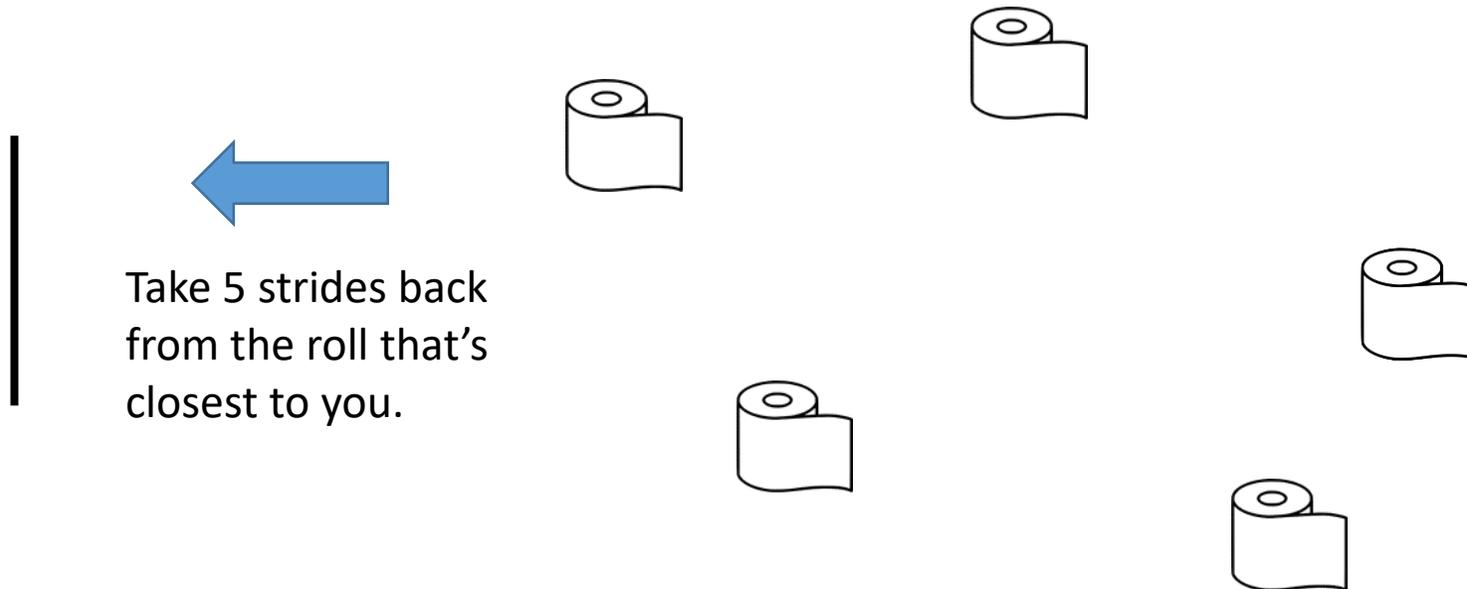
A vertical list of three medals with their corresponding step-up counts. The top medal is gold with the number 1, the middle is silver with the number 2, and the bottom is bronze with the number 3. Each medal has a ribbon with red, white, and blue stripes. The text 'Mr Rose: 27 step ups' is at the top of the list.

Challenge 5: Accuracy challenge

Your challenge is knock down as many toilet rolls as you can as you can.

You need 5 toilet rolls and 5 pairs of socks to play this game.

Set up a target range like so:



Mr Rose: 4 toilet rolls

	4 toilet rolls
	3 toilet rolls
	2 toilet rolls

Challenge 6:

Can you think of a PE challenge that you and your family can try?