**Physical Education – 7 Minute Workout Challenge**

Until half term, you need to complete this 7 minute workout once a week and write your results in the table below. Around this you should also try and do at least 30 minutes of physical activity every day to help support your physical and mental health.

**7 Minute Workout**

If you’re not sure what they exercises look like and you can’t access Teams you can look them up on YouTube.

30 Seconds Jumping Jacks/Star Jumps followed by 30 Seconds Rest

30 Seconds Sit Ups followed by 30 Seconds Rest

30 Seconds Press Ups followed by 30 Seconds Rest (these can be done on your knees or full press ups)

30 Seconds Step Ups followed by 30 Seconds Rest

30 Seconds Plank followed by 30 Seconds Rest (record how long you can hold it for)

30 Seconds Walk In Walk Outs followed by 30 Seconds Rest

30 Seconds Alternate Lunges followed by 30 Seconds Rest

In the table below record how many times you manage to do each exercise each week. Your aim is to try and improve each week.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Star Jumps | Sit Ups | Press Ups | Step Ups | Plank | WI WOs | Lunges |
| Week 1 |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |  |

**Ideas for 30 Minutes of Physical Activity a Day**

* PE with Joe on YouTube
* [www.fitnessblender.com](http://www.fitnessblender.com) (free workout videos)
* Go for a walk, run or bike ride
* Just Dance either on your console or use YouTube videos