**Practical PE Challenge Grid**

**What**: Pick at least 1 task of each colour to complete weekly. You can add extra tasks to your own discretion.

**How**: Tasks are **colour** **co-ordinated** in relation to the **type** of task they are. See below for details:

See the key below for the type of tasks available:

Orange – Educational information in video format which contributes towards a broad knowledge about healthy lifestyles. Pink – Exercises recommended by the NHS to improve aerobic exercises.

Green – Exercises recommended by the NHS to improve muscle and bone strength. Blue – Educational information which can help you maintain a healthy lifestyle.

**Why**: If you follow these simple steps you will start to maintain a healthy lifestyle.

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| **Netflix – Game Changers**  Ever thought of going vegan? Diet and Nutrition documentary about the benefits of veganism. | **Just Dance**  Try a Just Dance Exercises:  <https://www.youtube.com/channel/UCUzJbv4iys_SKl7wMexSUbQ> | **Netflix - The Redeemed and the Dominant – Fittest on Earth**  Documentary about fitness lifestyles. | **Bike Ride**  Go for a bike ride. Track how far you go on Strava (free app). |
| **Walk**  Go for a walk. Track how far you go on Strava (free app). | **Exercise**  As well as taking part in the recommended 60 minutes of exercise per day, make sure you choose exercises that you enjoy. Maintain a mixture of exercises so you don’t get bored! | **Joe Wicks Circuits**  Joe Wicks has a wide range of different Exercise Videos to suit all types of fitness levels.  https://www.youtube.com/user/thebodycoach1 | **Abs Challenge**  100 half crunches  100 leg raises  100 flutter kicks  100 v sits  100 second plank  Time yourself to see how long it takes. Can you beat Miss Simpsons time of 11:54? |
| **Plan your day.**  Stick to the same routine to maintain structure and purpose.  **Success Criteria:**   * 9+ hours sleep. * Time for school. * Time to eat. * Time to exercise. * Time for the mind.   **Example:**  08:00 – Wake Up and have breakfast.  09:00 – School Work  10:30 – Break  11:00 – School Work  12:30 – Lunch  13:30 – Exercise  14:30 – Shower  15:00 – A walk with a friend/family  17:00 – Create something.  18:00 – Dinner  19:00 – Time to chill.  22:00 - Sleep | **Circuits**  Choose 5 exercises from the list below and complete them each for 1 minute. Do this whole round 3 times.   * Squats * Squat Jumps * Lunges * High Knees * Plank * Mountain Climbers * Press Ups * Tricep Dips * Jumping Jacks | **Sleep.**  Sleeping for the recommended time for your age (find out here: <https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/> ) has multiple benefits:   * Boots your immunity. * Can help towards weight loss. * Boots mental well-being. * Prevents diabetes/heart disease and more.   **Success Criteria:**   * Sleep at regular times. * Make sure you wind down. * Make your bedroom ‘sleep-friendly’. Lack of noise/light/mess.   An extra tip – keep a sleep diary and track your habits. This could include lifestyle/daily activities which contribute to your sleepiness. | **Plyometrics (power training)**  Try a Plyometric Exercise video to improve your Power.  <https://www.youtube.com/watch?v=bmA-avXjhUE> |
| **Easy Ways to Live Well**  A series documenting the various ways our lives can be affected by daily habits.  <https://www.bbc.co.uk/iplayer/episode/m000dlwt/easy-ways-to-live-well-series-1-episode-1> | **Running**  Go for a run. Track how far you go on Strava (free app). | **Football, Prince William and our Mental Health**  Why do British men struggle to talk about their emotions? The Duke of Cambridge wants to use football as a way to get men talking and to break the taboo that surrounds mental health. As a real fan of the sport, William has seen the way men express their feelings at football games. Now he wants to help men show the same passion and openness away from the game.  <https://www.bbc.co.uk/iplayer/episode/m000jkbr/football-prince-william-and-our-mental-health> | **10,000 Steps a Day**  There are many benfits to increasing your step count:   1. Lose weight. 2. Reduce the risk of heart disease and stroke. 3. Strengthen your bones and posture. 4. Improved sleep. 5. Build aerobic endurance. 6. Enhance your mental functions.   Counteract anger, depression and anxiety. |