**Practical PE - Care Challenge Grid**

How many challenges can you complete? Tick them off and make sure you can evidence that you have completed them. Photos, notes or pictures allowed.

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| **1**  Try a Just Dance **Aerobic Endurance** Exercises:  <https://www.youtube.com/channel/UCUzJbv4iys_SKl7wMexSUbQ> | **2**  Skills Challenge – Football  Try to chip a football into your wheelie bin! See how many times it takes you from…  3m  5m  10m  Extension: Use weaker foot! | **3**  Try a **High-Intensity Interval Training Session:**  [**https://www.youtube.com/watch?v=L\_A\_HjHZxfI**](https://www.youtube.com/watch?v=L_A_HjHZxfI) | **4**  Go for a run  Record your distance/time with a fitness app…   * Strava * Nike Running App   Share your runs with your friends to help challenge them! | **5**  Joe Wicks has a wide range of different Exercise Videos to suit all types of fitness levels.  [**https://www.youtube.com/user/thebodycoach1**](https://www.youtube.com/user/thebodycoach1) | **6**  Skills Challenge  Teach yourself to juggle in 10 minutes!  <https://www.youtube.com/watch?v=JZmmOdnljG4> |
| **7**  Try a Home **Strength Workout (with weights)**  [**https://www.youtube.com/watch?v=WIHy-ZnSndA**](https://www.youtube.com/watch?v=WIHy-ZnSndA)  **(Without weights)**  <https://www.youtube.com/watch?v=mUns8O4YL5M> | **8**  Set up your own **Circuit Training Session** in your garden/living room! | **9**  **Youtube Tasks**  Ronda Rousey MMA Documentary  <https://www.youtube.com/watch?v=BooRrikQbr4> | **10**  Skills Challenge – Golf  Try to chip a golf ball into a bucket! See how many times it takes you from…  3m  5m  10m | **11**  Skills Challenge – Football  Maradona 7 Keep ups challenge.  Right Foot > Left Foot > Right Thigh > Left Thigh > Right Shoulder > Left Shoulder > Head | **12**  **Netflix Tasks**  The Redeemed and the Dominant – Fittest on Earth  Documentary about CrossFit |
| **13**  **Quick Exercise**  **20 Burpees**  **20 Sit Ups**  **60 second plank** | **14**  Try a **Plyometric** Exercise video to improve your Power.  <https://www.youtube.com/watch?v=bmA-avXjhUE> | **15**  Check out this series of**Yoga** & **Flexibility** exercises with Adrienne  <https://www.youtube.com/user/yogawithadriene> | **16**  **Quick Exercise**  **20 press ups**  **20 mountain climbers**  **20 seconds leg cycles** | **17**  **Quick Exercise**  **20 tricep dips**  **20 squats**  **60 seconds running on the spot** | **18**  Keep a food diary for a day.  Are you eating a balanced diet?  How do you know?  Calorie intake? Portion size?  Can you improve your diet? |
| **19**  Quick Exercise  Choose 3 exercises of your own choice! | **20**  Try a Sprint & SAQ training to improve your Speed (may need a garden for this!)  <https://www.youtube.com/watch?v=3ew2m3m5f0M> | **21**  Try a **High-Intensity Interval Training Session:**  <https://www.youtube.com/watch?v=5if4cjO5nxo> | **22**  **Youtube Tasks**  Jurgen Klopps Journey to the top  <https://www.youtube.com/watch?v=sNv-yPCtjJ4> | **23**  **Quick Exercise**  **20 lunges**  **20 clap press ups (Hard!)**  **20 jumping jacks** | **24**  Can you keep to a fitness routine every day for a week?  Do something for 30 minutes every day.  Running, skipping, Joe Wicks! |
| **25**  **Youtube Tasks**  Kobe Bryant – Black Mamba Mentality  <https://www.youtube.com/watch?v=4gi9y3sTrXE> | **26**  Go for a run  Record your distance/time with a fitness app…   * Strava * Nike Running App   Share your runs with your friends to help challenge them! | **27**  **Netflix Tasks**  Game Changers  Ever thought of going vegan? Diet and Nutrition documentary about the benefits. | **28**  Go for a walk.  Record your distance/time with a fitness app…   * Strava * Nike Running App   Share your runs with your friends to help challenge them! | **29**  **Quick Exercise**  60 seconds knees up running  20 press ups  20 tuck jumps | **30**  **Netflix Tasks**  **Supersize Me**  Fancy eating nothing but McDonalds for a month? *Think again!* |

**Key**

Blue Tasks – Youtube Exercise Videos – May need to some space – Some of these are difficult– Do as much as you can and take breaks!

Pink – Quick exercises you can do pretty much anywhere!

Yellow – Skills Challenges – Some easy – some very difficult – test yourself and share your efforts with friends – can they beat you!?

Orange – Youtube/Netflix videos to watch – some fascinating insights into different areas of sport, diet, nutrition and fitness.

Green – Some open tasks for you to take them where you want!