**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 – The Dawn Wall**  A documentary following 2 athletes trials and tribulations whilst climbing the most difficult walls in the world. | **Plyometrics (power training)**  Try a Plyometric Exercise video to improve your Power.  <https://www.youtube.com/watch?v=bmA-avXjhUE> | **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 | **Upcoming Challenge**  You may have seen our recent posts on Instagram which describes various challenges you can get involved in. Last weekends challenge (20th/21st June) was won by Staff and Parents. Surely you don’t want this to happen again?! We want to see you involved.  Next weekend (5th July) we will be taking on schools across Sheffield to compete in a similar race. More details will be sent in next weeks grid so keep a look out.  Head over to our page @stocks\_pe to keep up to date with more details over the week. |
| **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 * Burpees * Walkouts * Man makers | **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 healthy weight maintenance. * 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. |
| **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). | **Athletics: How Dina and Kat Struck World Gold**  Gabby Logan looks back at last year’s World Athletics Championships and catches up with Great Britain’s gold medallists, Dina Asher-Smith and Katarina Johnson-Thompson. They reveal what life is like for an athlete in lockdown, how they train, keep motivated and focussed, and they also discuss the impact their memorable gold medals from Doha have had on them.  <https://www.bbc.co.uk/iplayer/episode/m000jrxr/athletics-how-dina-and-kat-struck-world-gold> | **10,000 Steps a Day**  There are many benfits to increasing your step count:   1. Maintain a healthy 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. 7. Counteract anger, depression and anxiety. |