



## Year 6 Sports Challenge Afternoon!

### Your First Challenge!

For this first challenge, you need a stopwatch and a lot of guts and determination! Record how many of each of the exercises from the table below you can do in 1 minute. Make sure you take a rest between each exercise. You're going to need it! The Year 6 team had a go! Take a look at our results. See if you can beat our scores! Good luck!!!

Activity	Mr Gill	Miss Baldock	Mrs Pammenter	Mrs Simmons
Burpees	18	15	17	14
Squats	48	57	46	47
Press-ups	37	28	24	13
Lunges	44	36	47	53

### The Ultimate Athlete!

*For the rest of the afternoon you are going to create an exercise circuit*

- Different sports require different strengths. However, in most sports developing strength and cardio fitness is extremely important.
- Look at the below websites to gain an idea of different fitness activities.  
<https://www.brianmac.co.uk/circuit.htm>  
<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- We would like you to create your own circuit of activities to help develop strength and cardio fitness. This circuit should include up to 10 different exercises. Remember to try and vary the exercises and target different body parts through your circuit. In order to remember what each activity is, we would like you to prepare an activity card for each exercise. These should explain how the exercises should be done in order to avoid injury. Below are some examples of activity cards.

#### **Squat**

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.





## Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



- Once you have completed putting your exercise circuit together, why not have a go at completing it yourself! Or maybe challenge other family members to see if they can complete it.