



Year 3 Sports Challenge Week

Hi year 3! This week is sports challenge week to get you moving and feeling your best. It would be great for us to see how you get on completing the different tasks set for you. You can present your work in lots of different and fun ways including:

Video
Pictures
PicCollage
Powerpoint
Poster
E-book

Make sure you email them to your teacher on either
3e@ashdeneschool.net or 3s@ashdeneschool.net

One Minute Skipping Challenge

You have been showing off your skipping skills all year – now it's time to see how fast you are. Grab your skipping rope (if you don't have one, use your arms and pretend to use a rope). Set a timer for one minute and record how many you can do. Can you beat the number you completed from the previous day? Use the table below as an example of how you can record your progress.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Skipping	37	40					

Monday: Dance challenge

Today we are going to develop a dance routine based on Bollywood style dance. Watch the video below to hear the song and get some ideas for your moves! We would like you to choose 4 dance moves to the time of 16 beats, 4 beats per dance move. So for example:

- Side step to the right – 4 times
- Side step to the left – 4 times
- Jump in the air with fist pump – 4 times
- Screw the lightbulb – 4 times
- Repeat 5 times



Ashdene Primary School

Watch the below clips for some inspirational moves to help make your routine exciting!

<https://www.youtube.com/watch?v=3NomZw-KD34>

<https://www.youtube.com/watch?v=nJ0malCKKEI>



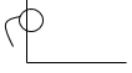

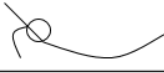


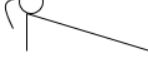
<https://www.youtube.com/watch?v=LU4FwunvHSo>

Once you have chosen your moves put it all together and practice in time with the music.
Teach someone else in your house the routine!

Tuesday: Gymnastics Challenge

Start with your one minute skipping challenge. Record your score. Did you beat your skips from yesterday?

Today you are going to practice the different moves and balances you learnt in your gymnastic lessons. Have a look at the table below to remind yourself of which ones you did.

Shape	Picture	Looking for....
Tuck		Straight back Toes pointed Legs together, NOT crossed
Straddle		Straight back Arms out to the sides and extended Legs straight with pointed toes
Pike		Straight back Arms by ears reaching up Legs straight and together Toes pointed
Star		On back Extending legs and arms Toes pointed
Dish		Lying on back, arms on legs Round back, Lifting head and legs off the floor
Arch		Lying on front, arms by ears Lifting up arms and legs Legs straight
Front Support		All fours Arms and legs straight Legs together Tummy facing the floor
Back Support		All fours Arms and legs straight Legs together Back facing the floor Fingers points towards toes



Practice the 9 basic shapes of gymnastics. Remember to make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall.

Once you have practiced the shapes above, choose your favourite 4 or 5 and come up with a routine. You can do this to music if you wish.

Some ideas you might want to try – spell out your name or the name of someone else in your family. You can also create a story expressing different emotions using your moves and balances. Once you have done this, teach your routine to somebody in your household.

Wednesday: yoga

Start with your one minute skipping challenge. Record your score. Did you beat your skips from yesterday?

Today you are going to be exploring the best ways to be calm and relax through yoga! Have a look at the yoga poses below and on the next page that we would like you to try and practice. Read the steps to help you with each position.

Find a space where you have room to move and is clear so that you can't trip or fall over anything. Have a go at practicing each one a few times so you can get used to how the positions look and feel.

Once you have practiced a few times click the link below for some peaceful and calm background music that you can play whilst you are doing each movement.

<https://www.youtube.com/watch?v=SDXHcR5AL6E>

Try and hold each one for at least one minute. You can repeat the moves as many times as you want and in any order you wish. Enjoy!

Warrior II Pose

Virabhadrasana II

Benefits: Strengthens and stretches legs and core; stretches chest and shoulders; relieves bad aches.



1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
2. Inhale and lift your arms parallel to floor.
3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
4. Keep your torso tall, turn your head, and look out over your fingertips.
5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Chair Pose

Utkatasana

Benefits: Strengthens legs, stretches shoulders and chest.



1. Start in mountain pose.
2. Exhale, and bend your knees as if you were sitting in a chair.
3. Reach your arms towards the ceiling, with your palms facing each other.
4. Hold this pose and breathe.

Mountain Pose

Tadasana

Benefits: Improves posture, strengthens core, muscles and legs.



1. Stand tall with your weight balanced evenly on your feet.
2. Firm your thigh muscles and pull in your tummy.
3. Press your shoulders back and hold your arms out straight, a little way from your body.
4. Breathe deeply and hold as long as needed (at least two long breaths).

Tree Pose

Vrikshasana

Benefits: Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.



1. Begin in mountain pose.
2. Lift your right foot, turning your knee out; place your foot below your left knee.
3. Press your hands together.
4. Raise arms overhead; look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

Downward-Facing Dog

Adho Mukha Svanasana

Benefits: Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches, back pain and fatigue.



1. Begin on hands and knees with toes tucked under.
2. Exhale, strengthen knees and lift hips, so that you are in an upside-down V.
3. Hold this position for as long as you like.
4. To release, exhale and bring knees to the floor.



Thursday: athletics

Start with your one minute skipping challenge. Record your score. Did you beat your skips from yesterday?

Today you are going to be exploring some fundamental skills you need to know and use for athletics. Imagine you are an Olympic athlete preparing for the biggest competition of your life. You will need to master the correct techniques for running, jumping and throwing.

Have a look at the link below so you can see how to correctly stand and position your body and master the right technique

Throwing - https://www.youtube.com/watch?v=o_RGP8VmNoo

Running - <https://www.youtube.com/watch?v=rCg-MkVkxyU>

Jumping - <https://www.youtube.com/watch?v=rlbzgyfFeaU>

Set yourself a challenge of coming up with your own Olympic Games event using either throwing, running or jumping. You might want to try running a certain distance (the length of your garden 10 times) or jumping a distance over a set of objects or throwing a ball at a range of different targets.

Get other members of your family involved and see who gets the gold, silver and bronze medals!

Friday: Fitness and Strength Challenge

Start the day by completing your skipping challenge. Record your score, which day did you score best on?

Today you are going to be testing your fitness and strength. Below on the next page are some exercises we would like you to try. Each card has instructions on how to perform the exercise correctly and safely. Make sure you have plenty of space and your area is clear of anything you can trip or fall over.

Have a go at practicing each movement to build your strength and fitness. It might take a few tries for them to feel comfortable!

Once you have practiced a few times, grab yourself a timer. Try and do a circuit of the movements, performing each one for 40 seconds, with 20 seconds rest in between. See how many of each one you can do in the time.

Once you have completed one round, try and do at least another 2 rounds of all the exercises. This will really test your strength and fitness!

You may want to look at some other examples of fitness circuits using similar movements below:

https://www.youtube.com/watch?v=hKRR7_igyLo

<https://www.youtube.com/watch?v=kAXg3cM0UCw>

https://www.youtube.com/watch?v=E_AwFettNVQ

Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to. You can put your knees on the floor to make the move easier.



Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

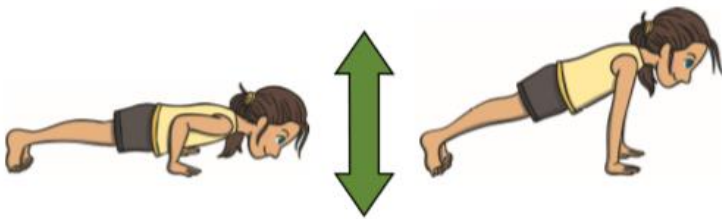
What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.



Press-Ups

You can put your knees on the floor to make the move easier.



Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor. Repeat with the other leg.



High Knees

Raise each knee in front of you, one at a time, as high as you can. To make this more challenging, try to do this quicker.

