**Physical Education p5 p6 p7**

**Week 11/01/21**

This week we will record our daily physical activity, so you will be able to share this with your teacher.

To complete the challenge, you have to find different ways of being active every day, making sure that this adds up to 60 minutes at least 3 times a week or more, of physical activity. The types of training and exercise are at your choice.

**Physical Activity Log**

**Goal: 60 min 3 times a week at least.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **MORNING** | | | **AFTERNOON** | | | **TIME SPENT**  **PHYSICALLY**  **ACTIVE?** | **GOLD**  **SILVER**  **BRONZE** |
| **MONDAY** |  |  |  |  |  |  |  |  |
| **TUESDAY** |  |  |  |  |  |  |  |  |
| **WEDNESDAY** |  |  |  |  |  |  |  |  |
| **THURSDAY** |  |  |  |  |  |  |  |  |
| **FRIDAY** |  |  |  |  |  |  |  |  |
| **SATURDAY** |  |  |  |  |  |  |  |  |
| **SUNDAY** |  |  |  |  |  |  |  |  |

**This chart will help you work out how much time you are physically active each day so you can aim towards reaching your target of an hour**. (Write your activity times in the box and add up at the end of the day!) Award yourself a **bronze, silver or gold medal !**

How did you rank today? **30 minutes physical activity BRONZE**

** 45 minutes physical activity SILVER**

** 60 minutes physical activity GOLD**

**Suggested links:**

**To open the links, you need to press and hold CTRL button, place the cursor over the link and click the link twice.**

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| --- | --- | --- | --- | --- |
| Monday | 20 jumping jacks  2x sets | 16 kneading press ups | 15 Squads  2x sets | Jog on the spot for 5 minutes. |
| Tuesday | 20 crunches  Or seat ups  optional | 10 triceps dips.  2 sets | 40 high knees | Jog on the spot for 5 min |
| Wednesday | 20 leg raises  2 sets | 10 arm circles forwards and backwards | 10 sides lunges  2 sets | Play outside for 20 minutes. |
| Thursday | 20 Frog jumps. | 10 walking lunges | 15 leg raises.  2 x sets | Play outside for 10 minutes |
| Friday | 20 Heel touch | 10 burpees | Press ups position stand for 60 seconds | Jog on the spot |
| Saturday | 10 Heel touch | Plunk for 60 seconds two sets | High Knees up for 2 minutes | Flutter kicks 30 seconds work 10 seconds of rest. Repeat twice. |
| Sunday | 15 minutes of walking | 15 squads. | 10 burpees.  2 sets | Flutter Kicks  30 seconds work  10 sec of rest repeat twice |