

Year 5 Challenge 21

1 Ski jump

For: strengthen quadricep, bicep and tricep muscles

Action: stand in running position, but with left arm and left leg in front
bend knees and then jump up on the spot
land right arm and right leg in front



2 Toe touch

For: strengthen adductor and deltoid muscles

Action: stand with feet 45cm apart
arms stretched at shoulder height parallel with floor
bend forward, swing left arm back, touch right hand to left foot
keep arms and legs straight all the time



3 Burpee with push-up

For: strengthen whole body

Action: stand straight, arms by side, feet 10cm apart
crouch down, place hands on floor, slightly in front of feet
jump feet backwards, with back, legs, arms straight, hold 1,2,3
perform a push-up
jump feet back to hands
stand straight as in starting position



Year 5 Challenge 22

1 Jumping Jane

For: strengthen quadricep and deltoid muscles

Action: stand straight, arms by side, feet 10cm apart
bend knees as in a small squat, back straight, look ahead
jump up high, back straight, raise straight arms above head
land knees bent, back straight, arms by side



2 Aeroplanes

For: strengthen deltoid muscles

Action: stand tall, feet 30cm apart, feet turned slightly out
arms stretched at shoulder height parallel with floor
rotate arms forward in small 10cm circles for 15 secs
raise arms 20cm, rotate arms in small 10cm circles for 15 secs
slowly raise straight arms so hands meet above head
slowly lower back to starting position



3 Obliques

For: strengthen oblique muscles

Action: to increase intensity hold two filled water bottles, same weight
slide right hand down side of body aiming for outside of knee
keep body square, careful not to twist
hold 1,2,3
slowly pull body upright to standing
repeat other side



Year 5 Challenge 23

1 Forward lunge

For: strengthen gluteal and quadricep muscles

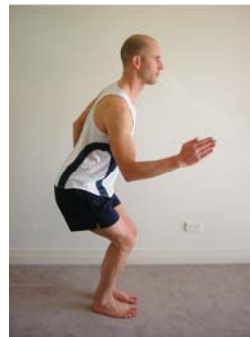
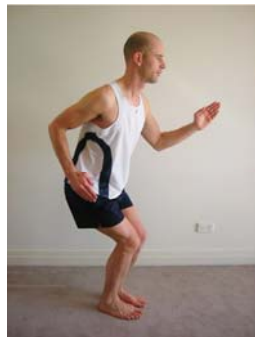
Action: stand tall, feet 30cm apart, feet turned slightly out
to increase intensity hold two filled water bottles, same weight
take large step forward with right leg, front knee over ankle
bend back knee and raise heel off the floor
step back leg to front and repeat with other leg



2 Slalom jump

For: strengthen quadricep, tricep and bicep muscles

Action: stand with feet together, bend arms with left in front of right
lean and jump to the right whilst changing arm positions
feet stay together
lean and jump to the left whilst changing arm positions
repeat continuously



3 Back extension

For: strengthen spinal muscles

Action: lie face down with back of hands on forehead, elbows to side
look at floor and lift trunk up while rotating shoulders to side
return to middle and lower
repeat to other side



Year 5 Challenge 24

1 Calf climb

For: strengthen calf muscles

Action: locate safe set of stairs and on the ball of foot step up six stairs
turn around and carefully step on ball of foot back down stairs
perform 10 calf raises
stand straight, feet together, arms by sides
rock from feet to toes, hold 1,2,3, return to flat feet and repeat



2 Quadricep climb

For: strengthen quadricep muscles

Action: walk up the stairs missing every second stair, on ball of foot
turn around and carefully step on ball of foot down stairs
stand with feet 45 cm apart, place hands on hips
look ahead, bend knees and perform 10 squats
slowly rise to starting position and repeat



3 Step jump

For: strengthen whole body

Action: facing stairs, jump two feet together up six stairs, one at a time
turn around and walk down the stairs

perform 10 burpees as follows:

stand straight, arms by side, feet 10cm apart

crouch down, place hands on floor 15cm in front of feet

jump feet backwards, back, legs and arms are straight

jump feet back to hands

stand straight as in starting position and repeat

