



FEBRUARY 2021 PE EVERYDAY CHALLENGE

Edstart want you to keep as active as you can throughout lockdown.

See if you can take part in these challenges every day for the whole of February.

What level can you achieve?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1st Can you find a household item and balance it on the back of your hand for 1 minute?	2nd Can you find another household item, balance it on the back of your hand and walk around for 1 minute?	3rd <u>Standing Long Jump</u> Stand with both feet together, swing your arms and power forwards landing on both feet. Measure the distance.	4th Draw a picture of you playing your favourite sport and write down why its your favourite sport. Send it to our facebook page so we can display it.	5th How many Jumping Jacks can you do in one minute? Rising Star – 15+ Shooting star – 30 Super Star – 40+	6th <u>Plank PIKE Challenge</u> How long can you hold the plank PIKE position for? Rising Star – 30s+ Shooting star – 60s Super Star – 1m 30s+	7th How many Press-Ups can you do in 30 seconds? Rising Star – 6+ Shooting star – 12+ Super Star – 18+
8th <u>Speed Bounce</u> Mark a line and see how many times you can jump 2 footed either side of it in 1 minute.	9th <u>Speed Bounce on One Leg</u> Mark a line and see how many times you can hop either side of it in 1 minute.	10th Create your own target game. Find some soft things to throw at your target.	11th Create a different target game. Find some soft things to throw at your target but you must throw them backwards today.	12th <u>On the spot Sprints</u> Find your pulse. How many times does it beat in one minute? Now sprint on the spot for 30 seconds. Check your pulse again. What has happened to it?	13th <u>Burpees Challenge</u> Teach yourself how to do a burpee and then see how many you can do in 30 seconds.	14th <u>Timestable Squats</u> Choose a number between 2 and 12 and try and do the timestables for that number. Each time you say a timestable you do a squat.
15th <u>Keepy Uppies</u> Find a pair of socks and make a ball out of them. See if you can keep the socks off the floor by kicking, kneeling or heading them.	16th <u>Leg Raises Challenge</u> Lie on you back and see how many times you can raise your legs at the same time in 1 minute.	17th <u>Flutter Kicks Challenge</u> Lie on you back and see how many times you can alternatively raise your legs in 1 minute.	18th <u>Bottle Flip</u> A plastic 500ml water bottle with roughly 175ml of water in it and tighten the lid. You must try and flip the water bottle onto the table, getting the bottle to land upright. You have 1 minute to complete as many landings as you can.	19th <u>Squat Challenge</u> How many squats can you do in 1 minute? Rising Star – 10+ Shooting star – 25+ Super Star – 40+	20th <u>Squat Jump Challenge</u> How many jumping squats can you do in 1 minute? Rising Star – 10+ Shooting star – 25+ Super Star – 40+	21st <u>Spelling Jumping Jacks</u> Choose a tricky word to spell and for each letter you say do a Jumping Jack.
22nd <u>Plank Pike Challenge</u> Get into the plank position and then see how many times you can raise your bottom in the air in 1 minute.	23rd <u>Arm Circles</u> Stand with your feet shoulder width apart. Raise your arms straight out to the side. How many large forwards circles can you do in 30 seconds? How many large backwards circles can you do in 30 seconds?	24th <u>Glute Bridge Challenge</u> Lie on your back and bend your knees. How many times can you lift your hips towards the ceiling in 1 minute. Now try it keeping one leg in the air at all times.	25th <u>High Knees</u> Can you jog on the spot but she how high you can get your knees when doing this.	26th How many times can you stand up and sit back down in 30 seconds?	27th <u>Dancing</u> Put on your favourite music and dance to it for the whole song.	28th <u>Round the Alphabet</u> Get a ball or a teddy and see if you can throw and catch each time you say a letter of the alphabet in order.

