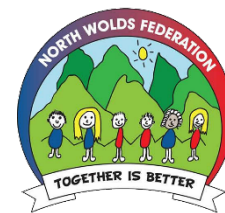


# North Wolds Fed

## Workouts and Skill Challenges



All of the workouts below should be done as quickly as you can but always making sure that you complete the movements properly and safely.

All of these can be done inside.

Always warm up first!

For the Skill Challenges work with people at home and try to improve.

Don't forget to share your workouts and achievements with us, we want to know how everyone is getting on! @northwoldsfed

Day	Workout	Skill Challenge
<b>Monday</b> <b>01/06/2020</b>	<b>6 rounds</b> 20 star jumps 10 air squats 10 second side plank x2 (10 seconds each side) 5 crunches	<b>Make a paper Aeroplane</b>  This is probably the easiest paper aeroplane to make but it flies really well. Challenge people in your household to see whose can fly the furthest.  <a href="https://youtu.be/V-rBmbBSGIA">https://youtu.be/V-rBmbBSGIA</a>  Video it and tweet it to us! <b>@northwoldsfed</b>
<b>Tuesday</b> <b>02/06/20</b>	<b>5 rounds</b> 10 mountain climbers 20 torso twists 20 second sprint on the spot 10 high knees	<b>How to make a bed like a hotel.</b>  This one will really help the adults at home! I am sure that this is one that they will love you to learn.  <a href="https://youtu.be/Du0M6yVjKIA">https://youtu.be/Du0M6yVjKIA</a>  Make sure you video it and tweet <b>@northwoldsfed</b>
<b>Wednesday</b> <b>03/06/20</b>	<b>5 rounds</b> 1 min running on the spot 20 star jumps 10 air squats	<b>Learn to say "hello" in different languages</b>  How many can you say ? Also how many flags do you recognise?  <a href="https://youtu.be/9DdkqOHDiLE">https://youtu.be/9DdkqOHDiLE</a>

		We would love to see this on our twitter. <b>@northwoldsfed</b>
<b>Thursday 04/06/20</b>	<b>5 rounds (as many reps as you can)</b> 30 seconds mountain climbers 30 seconds burpees 30 seconds star jumps <b>30 seconds rest in between each exercise</b>	<b>Learn to perform a cartwheel!</b>  Follow the video and be careful start from a squat position or even lower and then build up your height to standing.  <a href="https://youtu.be/49hYMvT10sg">https://youtu.be/49hYMvT10sg</a>  Make sure you video it and tweet <b>@northwoldsfed</b>
<b>Friday 05/06/20</b>	<b>5 rounds</b> 20 upward punches 15 spotty dogs 2 laps around the garden.	<b>Learn a new skill</b> Are there any new skills that you would like to learn but never had the time? Today is that day! Find an instructional video teaching you a new skill and give some time to learning it. It can be anything that is safe and appropriate to do. Please make sure your child is supervised on YouTube and during this challenge. <b>Video your newly learnt skill and tweet them to us @northwoldsfed</b>

Have fun, stay safe and enjoy yourselves!

North Wolds Federation P.E