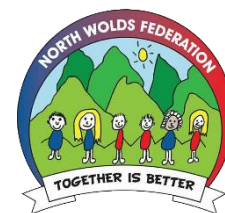


North Wolds Fed

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.

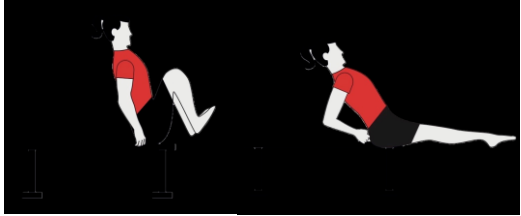
All of these can be done inside.

Always warm up first!

For the Skill Challenges work with people at home and try improving your scores.

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
Monday 08/06/20	4 rounds 10 Tuck Jumps 20 Mountain Climbers 20 seconds High Knees	How many times can you dribble a ball around a marker and back in 60 seconds? Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point. Video it, tell us your scores and tweet it to @northwoldsfed
Tuesday 09/06/20	5 rounds 30 seconds Star Jumps 10 Air Squats 30 second Plank	How many times can you pass a ball through both of your legs in 60 seconds? If you drop the ball you need to pick it up quickly and carry on. Can you put the ball between alternate legs? Video it, tell us your scores and tweet it to @northwoldsfed
Wednesday 10/06/20	5 rounds Running on the spot for 1 min 20 torso twists 20 heels kicks	How many slalom runs can you complete in 60 seconds? Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run. Video it, tell us your scores and tweet it to @northwoldsfed

<p>Thursday 11/05/20</p>	<p>5 rounds 5 air squats 5 press ups / roll ups 30 seconds upward punches</p>	<p>How many times can you tuck your legs up to your chest and then extend them out in 60 seconds?</p> <p>Bring your legs up to your chest and then fully extend them out.</p>  <p>Video it and tweet it to @northwoldsfed</p>
<p>Friday 12/05/20</p>	<p>4 rounds 10 mountain climbers 5 tuck jumps 1 minute plank</p>	<p>Freestyle Friday!</p> <p>This can be any form of exercise or skills you have learnt, you could try to improve your previous score/time. You could even try something new, for example it could be a dance routine, keepy ups or laps of the garden.</p> <p>Be as creative as possible and try to link them different skills together.</p>

Have fun, stay safe and enjoy yourselves!

North Wolds Federation P.E