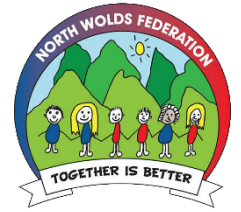


North Wolds Fed

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 30/03/20	4 rounds 20 air squats 10 lunges 1 min running on the spot	Balloon "Keepy ups" Find a balloon and see how many keepy ups you can complete. *See if you can do it with a football* Let the ball bounce once each time if you find it tricky. Video it and tweet it to us! @northwoldsfed
Tuesday 31/03/20	5 rounds 1 min running on the spot 20 seconds plank 10 tuck jumps	Wall passes With a ball that you can kick. Stand opposite a wall and pass the ball into the wall and control the rebound. See if you can get them going with one touch, or even use alternating feet! How many can you do in 30 seconds?
Wednesday 01/04/20	4 rounds 10 burpees 20 upward punches 20 second sprint on the spot 30 second rest	Target Throws Using something that you can throw safely and a box/bucket. How far away can you stand and still throw the object in the bucket? Make sure to film it, because if you don't, did it ever really happen? @northwoldsfed

<p>Thursday 02/04/20</p>	<p>4 rounds (as many reps as you can) 30 seconds star jumps 30 seconds spotty dogs 30 seconds burpees 30 seconds rest</p>	<p>Ninja balance course Safely using things that you can find around the house, garden or in the shed/garage create a balance course. This can be as simple as balancing along cracks in the floor or you can really get creative. Make sure to always be safe and have someone watching at all times. @northwoldsfed</p>
<p>Friday 03/04/20</p>	<p>6 rounds 20 torso twists 10 lunges 20 air squats 10 star jumps</p>	<p>Ball rebound trick shot Using a ball that bounces (table tennis, tennis, golf, power ball) create a rebound trick shot. This is a shot where the ball bounces off 1 or more surfaces and into a cup, bucket or box. See how creative you can be! Here is a video to show you how creative you can be (please be safe at all times) https://www.youtube.com/watch?v=2t3GnbhbVCC Please make sure your child is supervised on YouTube and during this challenge. Video your trick shots and tweet them to us @northwoldsfed</p>

Have fun, stay safe and enjoy yourselves!

North Wolds Federation P.E