

PERSONAL CHALLENGES FOR ISOLATION

<p>Try to share your challenges in a blog on your school games web page or tweet!</p>	<p>Examples of Possible Personal Challenges – these are just a few ideas, get creative and invent new ways to challenge yourself. Remember the idea is to try and improve your score with lots of goes over a period of time!</p>			
<p>@DorsetGames @YourschoolGames #Isolationchallenge #personalchallenge</p>		<p>How long can I hold the plank position? Or set a time limit.</p>		<p>How many speed bounce can I do in 30 seconds? You can use a line instead if you do not have the triangle mat.</p>
<p>Example twitter posts from other areas It's a 7 times up the rope #personalchallenge 4 weeks ago this boy's best effort was 3 times! @YourSchoolGames @ChesterfieldSSP</p>		<p>How many sit ups can I do in 30 seconds? Remember safety in having correct body/hand positioning.</p>		<p>How many keepy ups can I do? There are some great football video clips of football/ball challenges on you tube.</p>
		<p>How many times can I bounce the ball up and down on the bat? Make it harder by doing alternate sides or side and edge!</p>		<p>How far can I sprint in 20 seconds? Change the distance or change to time – how far can I run in 3 minutes?</p>
<p>At netball yesterday incorporating personal challenge (level 0) for resting teams figure 8, 30 sec challenge @YourSchoolGames #thisgirlcan</p>		<p>How far can I throw a ball? Or how accurate? Into a bin or box? Vary the implement – think of space and safety</p>		<p>How many star jumps can I do in 30 seconds?</p>
		<p>How many shots can I get in in 1 minute? Or make it easier how many times do I hit the backboard or ring? No hoop? Aim for a house brick!</p>	<p>#GetCreative #personalchallenge #Isolationchallenge</p>	<p>The possibilities are endless – please set those personal challenges and tweet your ideas @DorsetGames</p>

PERSONAL CHALLENGES FOR ISOLATION

Fitness Fun Activities – Workout 1 Aim for 40 seconds on in exercise, followed by 10 seconds of rest.	Date	Completed
Mountain Climbers Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!		
Star Jumps Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air. At the height of the jump, be sure to exclaim, “I’m a STAR!”		
Burpees Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.		
Shuttle runs for 1 minute Set up cones or an object a few metres away. Sprint there and back continuously.		
Leg Raises Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.		
Lunges Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes.		
Planks Elbows on the floor and balanced on your tiptoes with a straight body. 30 seconds is considered the gold standard.		
Butterfly Kicks Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.		

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Fitness Fun Activities – Workout 2 This workout uses time rather than number of repetitions. Use a stopwatch or the timer on your phone. Aim for 40 seconds of work, followed by 10 seconds of rest.	Date	Completed
Skip for 1 minute continuously		
Squats See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet shoulder’s width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.		
Hop on one leg – complete on each leg		
Press ups on knees Hands are in line with your pectorals (chest muscles) and your body is straight. If you want to make it harder, try doing it without being on your knees but make sure your body is straight.		
Crunch sit ups Lie down on your back and bend your legs and stabilize your lower body. Cross your hands to opposite shoulders. Lift your head and shoulder blades from the ground. Lower, returning to your starting point.		
Sprint on the spot		
Stand on one leg Eyes shut and balance – perform on both legs		
Rocket jumps Stand with your feet hip-width apart, legs bent and hands on your thighs. Jump up, driving your hands straight above your head and extending your entire body. Land softly, reposition your feet and repeat.		

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Please have a look at the following websites and videos. Some are more suited for KS 1 and 2 but some are good for KS3 too

Work out videos

<https://www.youtube.com/watch?v=dhCM0C6GnrY>

https://www.youtube.com/watch?v=L_A_HjHZxfI

<https://www.youtube.com/watch?v=5if4cjO5nxo>

<https://www.youtube.com/watch?v=fvlnJpt9FDU>

Dance Fit Videos

<https://www.youtube.com/user/ReFitRev>

Change4life Activities for Children

<https://www.nhs.uk/change4life>

Cosmic Kids Yoga – Youtube

https://www.youtube.com/results?search_query=cosmic+yoga+

Joe Wicks Kids Workouts – Youtube

https://www.youtube.com/results?search_query=joe+wicks+kids+workout

Plank Cha Cha Slide

https://www.youtube.com/watch?v=x_YFkVSp34s

Phizifit – Activities and personal challenge videos

<https://www.youtube.com/channel/UCVdp15KhUVg2hukSSXxoi1g>

GoNoodle Activities

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

<https://family.gonoodle.com/channels/fresh-start-fitness>

Disney inspired workouts

<https://family.disney.com/articles/disney-workouts/>

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>