

# Witchford Sports Partnership

## Get Active Week



### Monday Name Workout

Using the A-Z exercise sheet spell out your first name.

Perform each exercise for each letter in your name. You can have a 30 second break between each exercise.

If you find it easy then why not do your surname also?

Can you complete the exercises at home with other family members using their names or the names of your pets?



### Tuesday Dial a Workout

Using the telephone keypad card, dial the school telephone number. For each digit in the number do the exercise for that number.

Homework—can you do the fitness session at home with other family members and different telephone numbers?

### Wednesday Patterns

Each shape has an exercise.

Choose one of the patterns and complete the exercises for that pattern.

Can you make up your own pattern using 5 different exercises?



### Thursday Bingo

Start with the bronze level. Choose one exercise from each row and complete the exercises.

At home can you complete the silver level? You need to choose a row or column and complete all the exercises in that row or column.

Over the next week can you complete the Gold level and do all of the exercises on the bingo card?

### Friday Make your own

You have taken part in lots of different activities this week.

Can you come up with your own Get Active Challenge?

Make it simple so people can take part easily.

Once you have designed it, try it out, then give it to a friend or family member to try.

We have teamed up with Tanzii TV to bring you a fantastic and fun filled Get Active Week.

Each day sees a new challenge which is detailed in the above table.

Alongside this, Dario and Ottavio from Tanzii TV, will be releasing daily videos on their YouTube channel, including a 'Video of the Day' and 'Exercise of the Day'.



# Monday

## Name Workout

In the table below are all the letters of the alphabet. Each letter has an exercise matched to it.

Spell out your first name and do the exercise for each letter of your name.

<b>A</b>	Touch toes and stretch up x 20	<b>N</b>	Squat Jumps x 20
<b>B</b>	Plank hold for 30 seconds	<b>O</b>	Bicycle Crunches lying on back x 30
<b>C</b>	Squats x 20	<b>P</b>	Press ups x 15
<b>D</b>	Sprint on the spot for 30 seconds	<b>Q</b>	Plank Hold for 45 seconds
<b>E</b>	Sit ups with bent knees x 20	<b>R</b>	Two jumps forward, shuffle back x 10
<b>F</b>	Squat and punch forward x 30	<b>S</b>	Wall sit for 30 seconds
<b>G</b>	Standing elbows to knees x 20	<b>T</b>	High kicks touch toe in front x 20
<b>H</b>	Wall press ups x 20	<b>U</b>	Arms out to side - circle for 30 seconds
<b>I</b>	Step to side then jump up x 20	<b>V</b>	Forward lunges x 20
<b>J</b>	Jumping Jacks x 20	<b>W</b>	Mountain Climbers x 20
<b>K</b>	Crawl on hands and feet for 30 seconds	<b>X</b>	Sprint on the spot for 45 seconds
<b>L</b>	Side lunges x 20	<b>Y</b>	Squat then bring elbow to knee x 20
<b>M</b>	Burpees x 10	<b>Z</b>	Sit legs in front touch toes x 10

**If your name was Jake, you would do:**

**J** - Jumping Jacks x 20

**A** - Touch toes and stretch up x 20

**K** - Crawl on hands and feet for 30 seconds

**E** - Sit ups with bent knees x 20



You can have a short rest between each exercise.

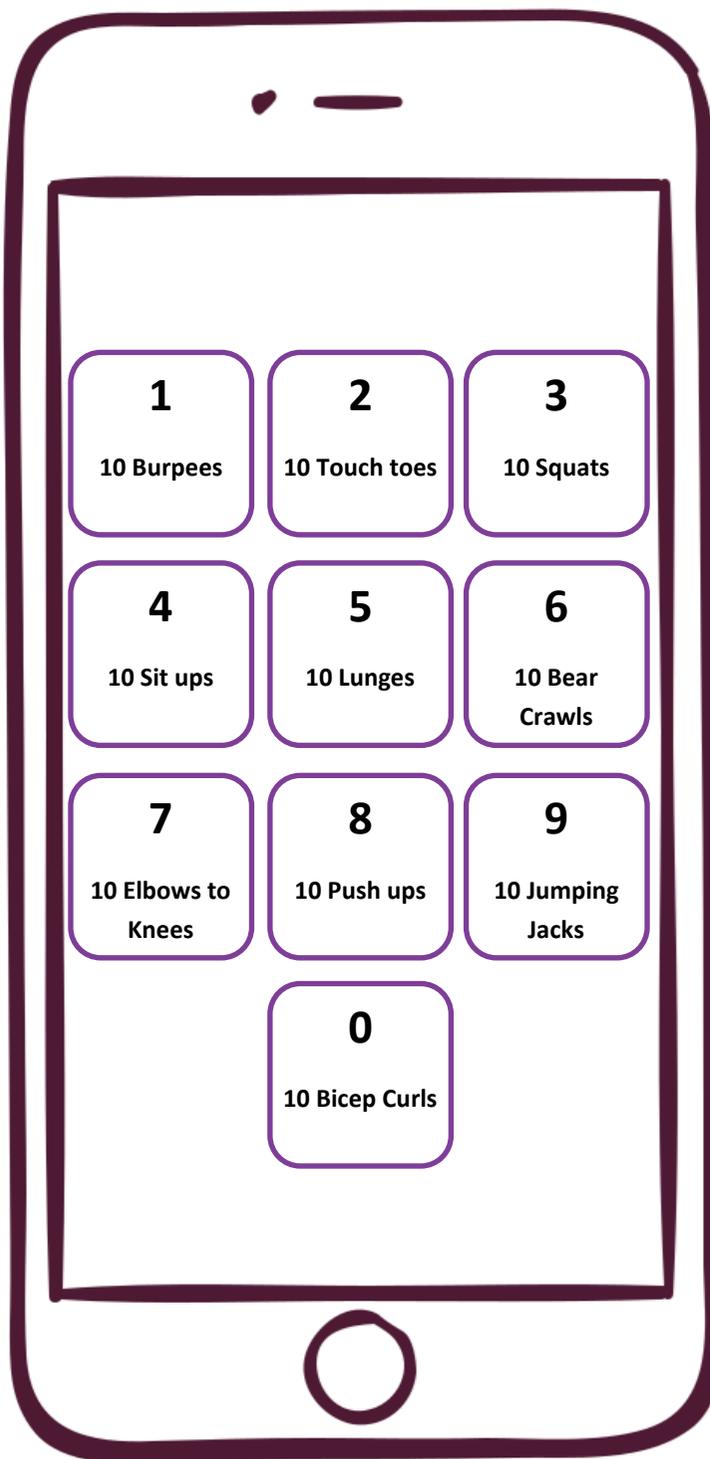
If it is too easy then do more of each exercise or do the workout twice.

If it is too hard, do less of each exercise and have a longer rest.

Most of all have lots of fun!



# Tuesday Dial-a-Workout



9

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1

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7



5

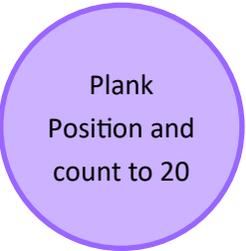
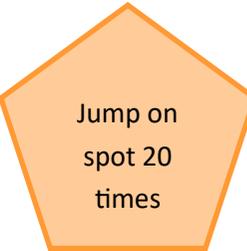
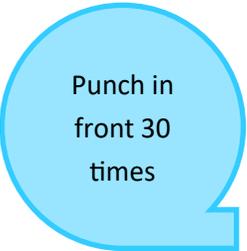
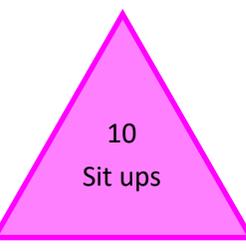
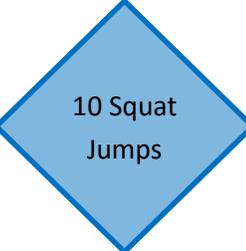
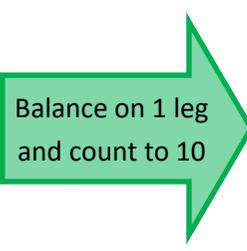
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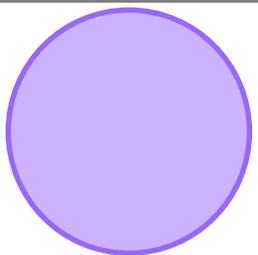
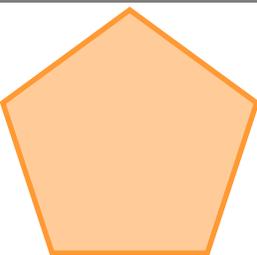
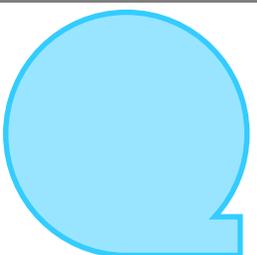
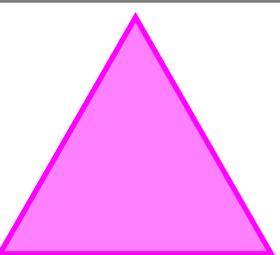
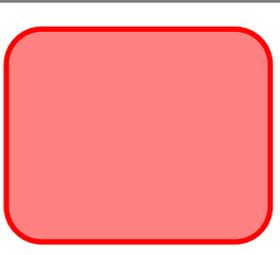
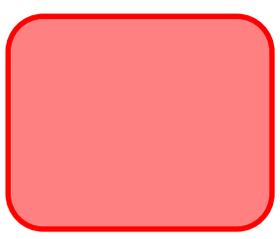
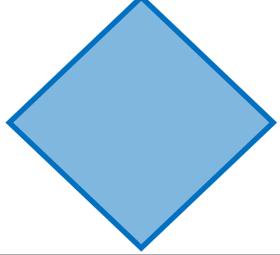
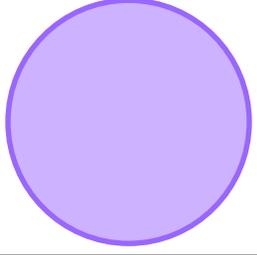
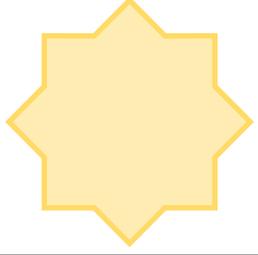
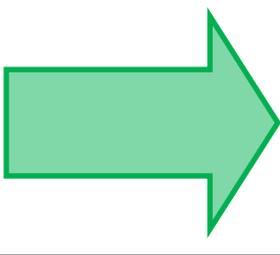
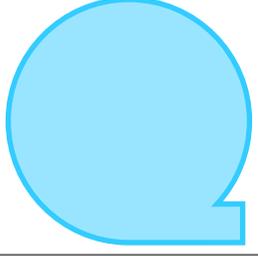
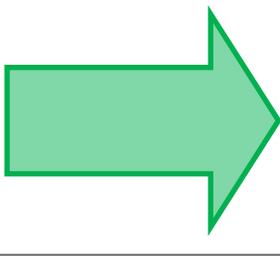
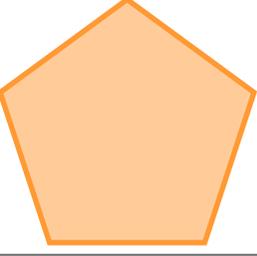
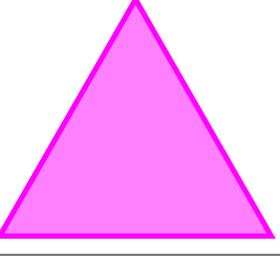
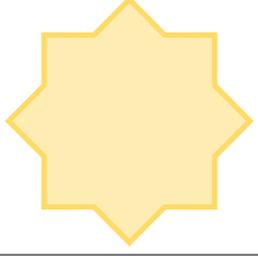


# Wednesday Patterns

## Shapes and Exercises Key

 Plank Position and count to 20	 Jump on spot 20 times	 Punch in front 30 times	 10 Sit ups	 Run on the spot and count to 30	 10 Squat Jumps	 Balance on 1 leg and count to 10	 10 Push ups
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## Choose a pattern and complete the exercises

<b>Pattern 1</b>					
<b>Pattern 2</b>					
<b>Pattern 3</b>					

# Thursday Bingo

## Bronze

Complete 1 activity per row

## Silver

Complete a horizontal or vertical line

## Gold

Complete all the activities on the card

Jump up and down 30 times	Ride a bike or scooter	Balance on a part of your body, hold the balance and count to 45.	Pass a ball around your head or waist 25 times	Perform 30 elbow to knees
Balance in a plank position for 30 seconds	Complete 20 shuttles You can walk or run	Throw or roll a ball into a target 10 times	Lunge 10 times to the right and 10 times to the left	Complete 30 sit ups
Complete 30 mountain climbers	Balance an object on your head for 30 seconds	Go for a walk with a friend or family member	Complete 30 Jumping Jacks	Step to the side and jump up 10 times each side
Complete 25 squat jumps	Complete 20 walking lunges	Touch your toes and stand up 30 times	Jump side to side over a skipping rope or line 30 times	Throw and catch a ball or object 20 times
Run as fast as you can on the spot for 20 seconds	Complete 20 push ups	Jump forward from 2 feet to feet and shuffle back 10 times	Skip for 1 minute	Choose 4 activities from the card and perform them one after another