

Week 7 Physical Challenges

	Move it Monday	Try it Tuesday	Wellness Wednesday	Throwback Thursday	Fit & Funky Friday
<p><b>Activity</b></p>	<p>Disney Mix at Home Dance Workout</p> <p><a href="https://www.youtube.com/watch?v=CxgD9IP=kMjF8&amp;list=PLC9W4GicAJjm-4KnNUy_dpjH_vl9EXdbU8&amp;index=1&amp;t=100s">https://www.youtube.com/watch?v=CxgD9IP=kMjF8&amp;list=PLC9W4GicAJjm-4KnNUy_dpjH_vl9EXdbU8&amp;index=1&amp;t=100s</a></p> <p>Full 20-minute video or one of the options below:</p> <ul style="list-style-type: none"> <li>• Warm Up with Song 1 – High School Musical and Under the Sea (start then stop at 8:30)</li> <li>• Song 2 and Song 3 – Friend Like Me and Better when I'm dancing (Start at 8:30, stop at 15:30).</li> <li>• Song 3 and Cool Down – Better when I'm dancing and Let it Go (Start at 15:30 until end).</li> </ul> <p>Can you keep up with Ciina's moves along with the awesome Disney music? Get your siblings or family involved too! It's family friendly fitness!</p>	<p>Spell Your Name Workout</p> <p>What's your name, fitness style! Carry out each of the different fitness activities as you spell out your name.</p> <ol style="list-style-type: none"> <li>Jump up and down 10 times.</li> <li>Spin around in a circle 5 times.</li> <li>Hop on one foot 5 times.</li> <li>Run/ jog to the nearest door and back.</li> <li>Balance a soft toy on your head and walk up and down the room.</li> <li>Walk like a bear for 5 seconds.</li> <li>Do 10 jumping jacks.</li> <li>Hop like a frog 8 times.</li> <li>Balance on your left foot for a count of 10.</li> <li>Balance on your right foot for a count of 10.</li> <li>March like a toy soldier for a count of 12.</li> <li>Pretend to jump rope for a count of 20.</li> <li>Do 10 squats.</li> </ol>	<p>Maui's Moves</p> <p>The greatest demigod of all Pacific Islands, Maui performs his powerful Haka when he battles the ocean's fiercest monsters. Can you match Maui's Magnificent moves?</p> <ol style="list-style-type: none"> <li>If at home find a parent, carer or sibling to join in.             <ol style="list-style-type: none"> <li>Stand around so everyone can see each other.</li> <li>The first person creates a Maui like move such as stamping your feet.</li> <li>The next person copies their move and adds a move of their own.</li> <li>Keep going around following and creating new moves.</li> <li>Can you do this for 10 minutes.</li> </ol> </li> </ol> <p><a href="https://www.rhe.uk/10-minute-shake-ups/shake-ups/maui-moves">https://www.rhe.uk/10-minute-shake-ups/shake-ups/maui-moves</a></p>	<p>Freeze Dance</p> <p>Play some funky tunes and dance along, but when the music stops you must freeze and strike your best pose, holding it until the music starts again.</p> <p>Whoever moves is out until the last person(s) is standing. Do this for 2 or 3 songs.</p> <p>Here is a playlist with a number of great songs to choose from:</p> <p><a href="https://www.youtube.com/watch?v=_KAZX8i_RPQ&amp;list=PLuWD9Nf0aDiz+nQlaWVICj9iOCVP-wqofZ">https://www.youtube.com/watch?v=_KAZX8i_RPQ&amp;list=PLuWD9Nf0aDiz+nQlaWVICj9iOCVP-wqofZ</a></p>	<p>Fitness Jumanji</p> <p>Get into teams in the class or if you're at home, find a parent, carer or sibling to join in.</p> <p><a href="https://view.genial.ly/5e8216bdaafed90da9c3b5c4/game-school-games-interactive-board-game">https://view.genial.ly/5e8216bdaafed90da9c3b5c4/game-school-games-interactive-board-game</a></p> <ol style="list-style-type: none"> <li>Roll the dice.</li> <li>Move your game piece that many spaces.</li> <li>Do the activity that shows on the game board.</li> <li>To see an example of the exercise, click on the '+' above it.</li> <li>Wait until your next turn.</li> </ol> <p>First player/ team to get to the goal is the WINNER!</p>

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		<p>N- Waddle like a penguin for 10 seconds.</p> <p>O- Walk backwards for 10 steps.</p> <p>P- Walk sideways for 10 steps.</p> <p>Q- Do 5 burpees.</p> <p>R- Crawl like a cat for 5 seconds.</p> <p>S- Bend down and touch your toes 10 times.</p> <p>T- Pretend to pedal a bike with your hands for 10 seconds.</p> <p>U- Do 10 sit ups.</p> <p>V- Flap your arms around like a bird for 10 seconds.</p> <p>W- Pretend to ride a horse for a count of 15.</p> <p>X- Try and touch the clouds for 5 seconds.</p> <p>Y- Walk around on your knees for 10 seconds.</p> <p>Z- Do 10 push-ups.</p>			
Challenge		Can you carry out the exercises for your surname and/ or middle names too?	Try creating complicated moves. Find out some Maui moves. Think of other characters you know from a film and copy their moves.	For the last song you could try 'reverse freeze' by dancing without the music and freezing when the music is played.	