

Millgate School

Virtual Classroom

Year 10 Challenges



Contents

- 1 **Contents**
- 2 **Challenge 1 – Alphabet**
- 3 **Challenge 2 – Warm up and cool down**
- 4 **Challenge 3 – Aerobic Endurance**
- 5 **Challenge 4 – Muscular Endurance**
- 6 **Challenge 5 – Muscular Strength**
- 7 **Challenge 6 - Speed and Agility**
- 8 **Challenge 7 – Coordination and Balance**
- 9 **Challenge 8 - Power**
- 10 **Virtual Tracker**



Activity Sheet

Task Card

Name: _____

Instructions: Team acrostics: Here's a chance to have a little wordplay fun together as a family.

How to play

- You'll need pens and paper.
- Each write down your own name, the name of your favourite Premier League team, with the letters arranged vertically, like this:
S – 20 BICYCLE CRUNCHES
P – 10 SQUATS
U – 5 BURPEES
R – 30 SECOND PLANK
S – 20 BICYCLE CRUNCHES
- Use the letters of your word and complete the exercises for each letter.
- If you are unsure what the exercise is please youtube it or ask someone.
- Make your team acrostics as wacky as you like.

A – 10 CRUNCHES
B – 10 JUMPING JACKS
C – 5 PUSH UPS
D – SQUATS
E – 30 SECOND WALL SIT
F – 15 ARM CIRCLES
G – MOUNTAIN CLIMBERS
H – 5 BURPEES
I – 30 SECOND PLANK
J – JUMP SQUATS
K – 10 LUNGES EACH LEG
L – 15 CRUNCHES
M – 20 HIGH KNEES
N – 10 TRICEP DIPS
O – 10 PUSH UPS
P – 10 SQUATS
Q – 20 JUMPING JACKS
R – 30 SECOND PLANK
S – 20 BICYCLE CRUNCHES
T – 30 SECOND WALL SIT
U – 5 BURPEES
V – 20 ARM CIRCLES
W – 10 LUNGES EACH LEG
X – 10 PUSH UPS
Y – 20 HIGH KNEES
Z – 10 BURPEES

Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Complete this workout on warming up and cooling down through stretching

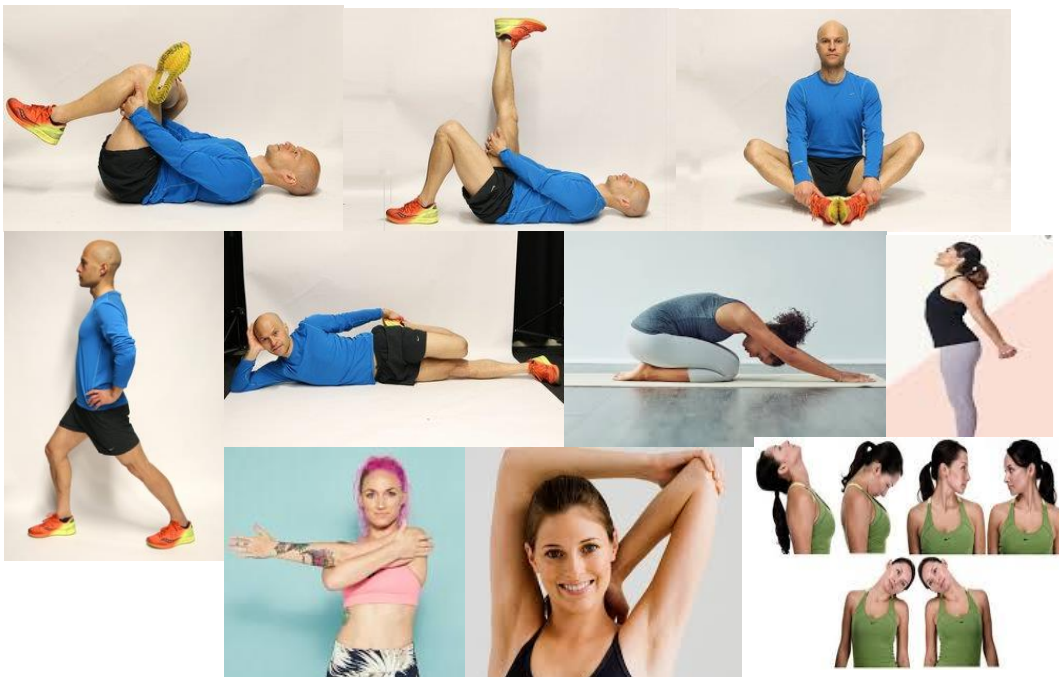
Task: Complete this 5 minute warm up:

- 30 seconds marching on the spot.
- 30 seconds high knees.
- 30 seconds heel flicks
- 30 seconds star jumps
- 1 minute up and down the stairs
- 30 seconds squats
- 30 seconds lunges
- 30 seconds arm swings forwards
- 30 seconds arm swings backwards

Task: Complete this 5 minute stretch routine:

Each stretch should be held for at least 20 seconds

- Gluteus maximus (bottom) stretch
- Hamstring (back of leg) stretch
- Inner thigh stretch
- Calf stretch
- Quadriceps (thigh) stretch
- Latissimus dorsi (back) stretch
- Pectorals (chest) stretch
- Biceps (front of arms) stretch
- Triceps (back of arms) stretch
- Trapezius (neck) stretch



Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: This is the aerobic endurance workout Aerobic endurance or stamina, is the ability to exercise continuously for extended periods without tiring.

Do Now: Warm up routine

1. Rocket jumps (2 sets of 20 repetitions) – *feet hip-width apart, jump up and drive hands above head, land softly.*
2. Recovery – *jog on the spot for 45 seconds.*
3. Squat jumps (2 sets of 20 repetitions) – *feet hip-width apart, squat down with head up and heels on the floor, jump up and drive hands above head, land softly.*
4. Recovery – *jog on the spot for 45 seconds.*
5. Tap backs (2 sets of 20 repetitions) – *step back with right leg and swing both arms forward then repeat in a continuous rhythmic movement.*
6. Recovery – *jog on the spot for 45 seconds.*
7. Burpees (2 sets of 20 repetitions) – *start in a standing position, drop into a squat with hands on the ground, kick feet back into push up position, jump back into squat and jump up.*

Cool down with the stretch routine.



Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Our workout today is for muscular endurance
Muscular endurance is the ability of a **muscle** or group of **muscles** to sustain repeated contractions against a resistance for an extended period of time.

Do Now: Warm up routine

1. Squats (2 x 20 repetitions) – *Keep your back straight, don't let your knees extend over your toes.*
2. Sit ups (2 x 20 repetitions) – *Keep your feet on the ground, cross your arms over your chest.*
3. Lunges (2 x 20 repetitions) – *stand in a split stance, keep your head up, bend until leg is at a right angle.*
4. Leg raises (2 x 20 repetitions) – *lie on your back, hands under your bottom, raise legs up, keep legs straight, lower back down until just off the ground and repeat.*
5. Bridges (2 x 20 repetitions) – *lie on your back, knees bent and heels close to bottom, raise your hips upwards and tighten your abdominals, gently lower.*
6. Calf raises (2 x 20 repetitions) – *slowly lift onto your tip toes, hold for 3 seconds and then slowly lower your heels down.*
7. Ankle touches (2 x 20 repetitions) – *lie on your back, keep your head and neck stable, plant your feet on the floor and try to touch your ankles.*

Cool down with the stretch routine.

1



2



3



4



5



6



7



Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

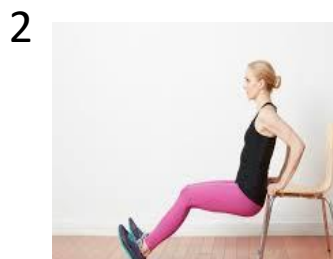
Name: _____

Instructions: This workout is for muscular strength it will take you 10minutes to complete the amount of force a muscle can produce with a single maximal effort.

Do Now: Warm up routine

1. Press-ups (2 x 20 repetitions) – *Bend at your elbows, lower your chest and push back up.*
2. Tricep dips with chair (2 x 20 repetitions) – *Lift your hips off the floor, bend your elbows and lower your body down.*
3. Shoulder press (with weights/tins/water bottles) (2 x 20 repetitions) – *Slowly extend arms above head then lower to shoulder height and repeat.*
4. Bicep curls (with weights/tins/water bottles) (2 x 20 repetitions) – *slowly bend at the elbows keeping them tucked into your sides, raising the weights to your shoulders.*
5. Lateral raises (with weights/tins/water bottles) (2 x 20 repetitions) – *Slowly raise both arms, keeping them straight up to shoulder height with palms facing down.*
6. Goblet squats (with weights/tins/water bottles) (2 x 20 repetitions) – *Keep your back straight don't extend your knees over your toes.*

Cool down with the stretch routine.



Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: This activity is the 10 minute speed and agility workout
Speed is the distance travelled per unit of time.
Agility is the ability to change direction at speed without losing balance.

Do Now: Warm up routine

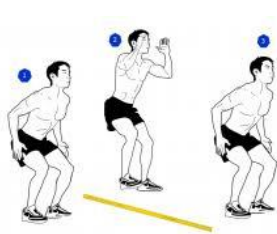
1. Stair runs (2 x 10 repetitions) – *Running up and down the stairs as quickly as you can.*
2. Speed bounces (2 x 20 repetitions) – *Quick jumps from side to side, landing softly.*
3. High knees (2 x 20 repetitions) – *Knees lifted to waist high, balls of your feet.*
4. Shuttle runs (wall to wall) (2 x 20 repetitions) – *head up and quick turns.*
5. Football sprints (2 x 10 repetitions) – *Starting in press up position, jump up and sprint for 10 seconds then repeat.*
6. Scissor steps (2 x 20 repetitions) – *Quick feet alternating from front to back, head up.*
7. Single leg hops (2 x 20 repetitions) - *hopping two to the left and two to the right then repeat. Don't forget to switch legs.*

Cool down with the stretch routine.

1



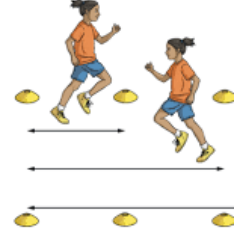
2



3



4



5



6



7



Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: The coordination and balance 10 minute workout
Coordination is the ability to control two or more limbs to create movement.
Balance is the ability to hold your centre of mass over a base of support.

Do Now: Warm up routine

1. Single leg lateral raises (with weights/tins/water bottles) (2 x 10 repetitions on each leg)
2. Single leg shoulder press (with weights/tins/water bottles) (2 x 10 repetitions on each leg)
3. Arabesque hold for 10seconds (5 repetitions on each leg)
4. Single leg bicep curl (with weights/tins/water bottles) (2 x 10 repetitions on each leg)
5. Standing stork hold for 10 seconds (5 repetitions on each leg)
6. Single leg upright row (with weights/tins/water bottles) (2 x 10 repetitions on each leg)

Cool down with the stretch routine.



Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Power Workouts for 10 minutes. **Power** is the ability to exert a maximal force in as short a time as possible.

Do Now: Warm up routine

1. Star jumps (2 x 20 repetitions) *make sure you bring your hands together above your head.*
2. Jogging on the spot
3. Jumping lunges (2 x 20 repetitions) *Start standing with your feet hip-width apart, bend your knees then jump up into the air bringing your right leg forward, and left leg goes back so that you land in a lunge position.*
4. Jogging on the spot
5. Burpees (2 x 20 repetitions) *start in a standing position, drop into a squat with hands on the ground, kick feet back into push up position, jump back into squat and jump up.*
6. Jogging on the spot
7. Squat jumps (2 x 20 repetitions) *Lower down into a squat position then jump up into the air as high as you can and straighten out your legs.*
8. Jogging on the spot
9. Plyometric push ups (2 x 20 repetitions) *Start in high plank position. Bend arms and lower your chest to the floor. As you press yourself back up, push off the floor bringing your hands off the floor, then land back on the floor with soft elbows.*

Cool down with the stretch routine.



1



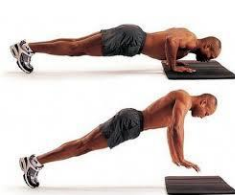
3



5



7



9

Millgate School

Virtual Classroom

Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Not attempted



Attempted



Completed



Challenge 1



Challenge 2



Challenge 3



Challenge 4



Challenge 5



Challenge 6



Challenge 7



Challenge 8