

Millgate School

Virtual Classroom

Year 9 Challenges



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Activity Sheet

Task Card

Name: _____

Instructions: **Core Workouts:** Complete as many workouts given here this week.

10 minute quick core workout

<https://youtu.be/dNEZKqopc2I>

10 minute home ab workout

<https://youtu.be/uUKAYkQZXko>

10 minutes abs workout

<https://youtu.be/1919eTCoESo>

20 minute total core workout

<https://youtu.be/-b2INLq3EaA>

30 minute intense core workout

<https://youtu.be/N5ViYeGJOCA>

30 minute core at home workout

https://youtu.be/FLp_bvf0W60



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: **Arm Workouts:** Complete as many workouts given here this week.

4 minutes no weight arm toning workout -

<https://youtu.be/PJO1hQSMPT4>

5 minute arm workout -

<https://youtu.be/RTF4ADbloul>

7 minutes tone your arms workout

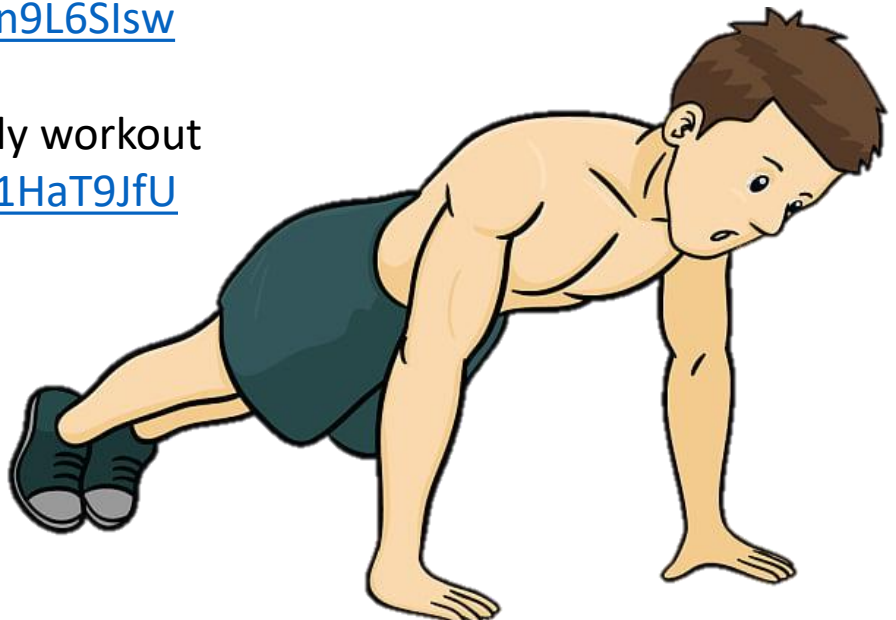
- <https://youtu.be/UyTR2EjTAXU>

15 minutes upper body workout -

<https://youtu.be/1iMn9L6Slsw>

30 minutes upper body workout

<https://youtu.be/NYL1HaT9JfU>



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: Leg Workouts: Complete as many workouts given here this week.

10 minute leg workout -

<https://youtu.be/N5PN7G06pKg>

10 minute bodyweight leg
workout -

<https://youtu.be/1JjuaKI1W-U>

15 minute at home leg workout -

<https://youtu.be/aCa8R9II8F0>

20 minute leg workout -

<https://youtu.be/GfUpbhaCK7Y>

35 minute at home leg workout -

<https://youtu.be/z4yo9R6e7WU>



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Weekly Challenge Completion

Name:

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Results Achieved:

Staff member:

Challenge Rating:





Activity Sheet

Task Card

Name: _____

Instructions: **Cardio Workouts:** Complete as many workouts given here this week.

30 minute no-equipment cardio and HITT -

<https://youtu.be/CBWQGb4LyAM>

30 minute tabata session -

<https://youtu.be/XIeCMhNWFQQ>

30 minute les mills gritt cardo -

https://youtu.be/ZMO_XC9w7Lw

40 minute HITT cardio workout -

<https://youtu.be/5Yz9odanXN4>

45 minute tabata cardio HITT workout-

<https://youtu.be/Pe0INYxAHuw>



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Weekly Challenge Completion

Name:

Challenge Completed:

Results Achieved:

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Activity Sheet

Task Card

Name: _____

Instructions: Yoga Workouts: Complete as many workouts given here this week.

10 minute morning yoga stretch –

<https://youtu.be/4pKly2JojMw>

20 minute beginners yoga workout

- <https://youtu.be/v7AYKMP6rOE>

30 minute power yoga for core -

<https://youtu.be/PIT7G8gOyAU>

40 minute yoga for strength -

<https://youtu.be/9kOCY0KNByw>



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Weekly Challenge Completion

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Results Achieved:

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Activity Sheet

Task Card

Name: _____

Instructions: **Stress relief Workouts:** Complete as many workouts given here this week.

15 minute calming yoga for stress relief and anxiety -

<https://youtu.be/Nw2oBlrQGLo>

Relaxing music for stress relief –

<https://youtu.be/IFcSrYw-ARY>

How to reduce stress with progressive muscle relaxation -

<https://youtu.be/kdLTOurs2IA>

Yoga for anxiety and stress -

https://youtu.be/hJbRpHZr_d0

Guided relaxation exercise for anxiety -

<https://youtu.be/6KLhMGiSmHs>

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Weekly Challenge Completion

Name:

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Staff member:

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Activity Sheet

Task Card

Name: _____

Instructions: Walking Workouts: Complete as many workouts given here this week.

Happy Walk 1 mile

https://www.youtube.com/watch?v=X3q5e1pV4pc&list=RDCMUCVI6ZdsIZz2Zj-34bMJFPbg&start_radio=1&t=93

Fast and fun 2 mile walk

<https://www.youtube.com/watch?v=BunBLMgPhyk&list=RDCMUCVI6ZdsIZz2Zj-34bMJFPbg&index=2>

10 minute brisk walk

<https://www.youtube.com/watch?v=tVpUCkMLgms&list=RDCMUCVI6ZdsIZz2Zj-34bMJFPbg&index=3>

20 minute Walk off

<https://www.youtube.com/watch?v=kqaNUjTR70A&list=RDCMUCVI6ZdsIZz2Zj-34bMJFPbg&index=9>

HITT walk

<https://www.youtube.com/watch?v=HKG5itQTbwU&list=RDCMUCVI6ZdsIZz2Zj-34bMJFPbg&index=10>

Fast and fun 3 mile walk

<https://www.youtube.com/watch?v=qJ7lgODE2uY&list=RDCMUCVI6ZdsIZz2Zj-34bMJFPbg&index=11>



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Activity Sheet

Task Card

Name: _____

Instructions: **Bodyweight Workouts:** Complete as many workouts given here this week.

10 reps for beginners

<https://www.youtube.com/watch?v=L77b57erQ4M>

15 minute beginners workout

<https://www.youtube.com/watch?v=bSXR6V9q6rM>

Tae bo Punch out

<https://www.youtube.com/watch?v=f6p6gxyoxwo>

6 minute standing workout

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

20 minute beginners workout

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

20 minute workout

<https://www.youtube.com/watch?v=q20pLhdoEoY>



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Name:

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Not attempted



Attempted



Completed



Challenge 1



Challenge 2



Challenge 3



Challenge 4



Challenge 5



Challenge 6



Challenge 7



Challenge 8