



What a great job preschool, reception, years 5 and year 6 did yesterday in preparing the allotment ready for a spring/summer season of growing more fruit and vegetables.

FROM MR LONG

Below are a few links to YouTube that I would like you to try. These are for both KS1 and 2. You can also get your parents involved. They come from Mr Williams at Sidmouth College. These links are also available on the sports pages of our website.



The challenges were created for use in a back garden but can be done inside with little space or equipment. They are not so much about completing them in a set time but about doing the exercise correctly. Try to set yourself a target time/number that you can beat tomorrow and then the day after.

Why not send your videos of you trying these challenges back to us at school?

1 **The Squat Challenge** <https://youtu.be/Dix4P1OY77o>

This is a simple challenge that students can do. All students have to do is copy me! When the song says “Sally down” you squat when it says “Sally up” students can come up. Can students last the whole song?!

2 **The Plank Challenge** <https://youtu.be/bA4fFzhhHJw>

This is a tricky challenge which some may struggle with. It is quite long and the timing is tricky. Well at least I found it tricky! Students have to do the plank and then the Cha-Cha Slide. “slide to the left, slide to the right” etc.

3 **The Skipping Challenge** https://youtu.be/3ttPXJdlm_8

This is easy to set up. Can students skip 100 times? Sounds easy but can students do it quickly? If students are struggling divide it into sections or skip with family members to make it slower.

4 **The Tennis Racket Challenge** https://youtu.be/DqfTeAHj_A

This is a fun challenge. Do different activities while balancing or bouncing a ball on a Tennis racket. Students can also adapt the activities or the equipment if they don't have a racket and Tennis ball.