




Lesson 1- Nando's Workouts

- Pick two of the 20 minute workout videos to complete in today's session = **40 minute work.**
- **Try and challenge yourself with the videos you pick!**

- **PLAIN** = BEGINNER 
- **MEDIUM** = INTERMEDIATE 
- **HOT** = ADVANCED 

PLAIN

MEDIUM



Copy the links into Youtube to find each workout video!

Lesson 2- Fitness Challenges

Complete each fitness challenge below timing yourself. Record your scores in the table. Use the help sheets which tell you how to perform each activity correctly. Complete each challenge 3 times then write in your best score. Compare these scores with your friends and send your completed table to challenge your teacher...

Fitness Challenge	Attempt 1 Score	Attempt 2 Score	Attempt 3 Score	Best Score
30 second squat challenge				
1 minute sit up challenge				
30 second star jump challenge				
Longest wall sit challenge				
30 second burpee challenge				
Longest Plank Challenge				

Lesson 3 - Fitness Challenges

Challenge 2: How many squats can you do in 30 seconds?



GLUTEAL
MUSCLES

Description

- Stand up tall to start and place your arms out in front of you.
- Bend your knees so that your legs are at a right angle at the knee joint.
- Pretend you are about to sit down on a chair.
- Keep your weight forwards and arms out at shoulder height.
- Slowly stretch the legs to return to a standing position.
- As you stand, squeeze your hips forwards.

Finding it easy? Try this..

- Increase the time to a 1 minute challenge.
- Jump squats: as you return to a standing position, add a jump before continuing.
- Hold the squat position against a wall for as long as you can.

Challenge 1: How many sit-ups can you do in one minute?



CORE
MUSCLES

Description

- Start by lying down with your back on the floor.
- Place your feet flat on the floor with your knees raised (you can ask a partner to hold your feet down if you wish).
- Fold your arms across your chest.
- Slowly raise your head and shoulders off the floor so that you are in a sitting position. Slowly roll back down to the floor and repeat.
- Don't forget to count how many you complete in 1 minute!

Finding it easy? Try this..

- Try holding a ball whilst you are performing the sit-ups.
- If you are at home, ask if you can hold a bag of flour or tin of beans for example.
- See if you can touch the opposite knee to hand as you sit up.

Challenge 21: How many jumping jacks can you do in 30 seconds?

Description

- Start in a relaxed stance, legs together and arms by your side.
- Jump both legs out to the side and at the same time raise the arms out sideways to above head height.
- Jump back in to the starting position.

Finding it easy? Try this..

- Hold a tin of beans in each hand.
- As you jump your feet out to the side, can you instead jump your feet out sideways and into the air so that your feet come off the floor?



HEART &
LUNGS

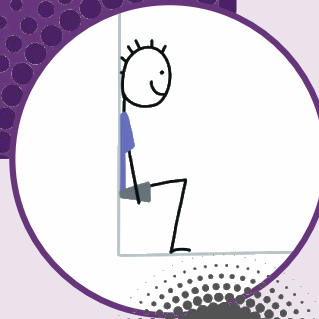
Challenge 35: Start until you drop

Description

- Stand with your back against a wall.
- Bend your knees and lower yourself into a sitting position so that your legs are at a right angle.
- Keep your back against the wall and your hands by your side.
- Try to time how long you can hold the position for.

Finding it easy? Try this..

- Put your arms out in front of you as you perform the wall sit.
- Have a rest and then repeat. Can you beat your time?



HEART &
LUNGS

Challenge 19: How many burpees can you do in 30 seconds?

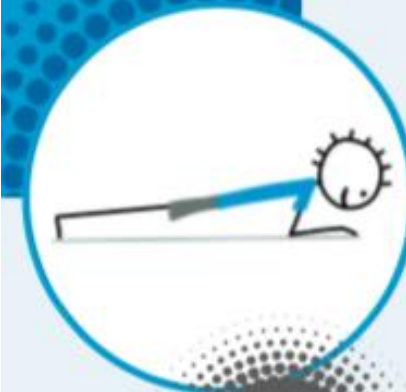


WHOLE
BODY

Description

- Start standing up, feet shoulder width apart and your arms by your side.
- Lower your body down so that you can place your hands on the floor.
- Jump your feet backwards so that you're in a press up position.
- Jump your feet back in towards your feet.
- Reach your arms over your head and jump up into the air.
- Repeat.

Challenge 15: plank until you drop.



CORE
MUSCLES

Description

- Start in a press up position, but bend your elbows so that your forearms are on the ground with your hands facing the floor.
- Make sure your body is straight from your head to your feet.
- Ensure your toes are tucked under to balance on the balls of your feet.
- Suck your tummy in.