



Socially Distanced P.E!



Idea 5: A roll of the dice!



- 1 = Plank for 30 seconds
- 2 = Sprint on the spot for 20 seconds
- 3 = Jumping Jacks for 30 seconds
- 4 = Spotty Dogs for 30 seconds
- 5 = Hold a squat for 20 seconds
- 6 = Burpees for 30 seconds!

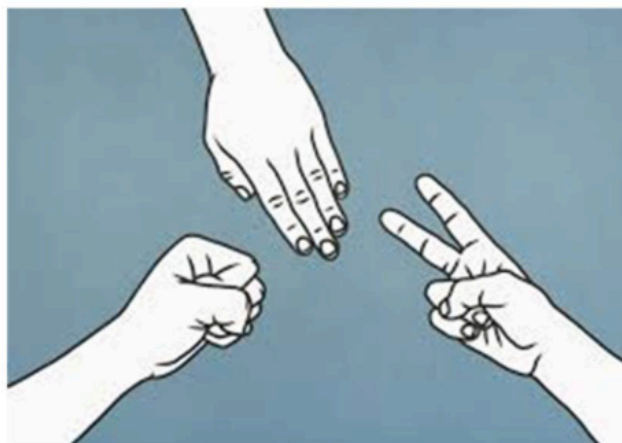
Create your own HIT (high intensity training) session to complete with a family member. Who can complete the most repetitions in 20 minutes?



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Idea 8: Rock, Paper, Scissors - Work



Play rock paper scissors- Whoever wins gets to choose the forfeit exercise for their opponent. Who exercised most in 20 minutes?

