

Ambergate PE

My goal(s) for this week:



Ideas

- <https://darebee.com/workouts.html>
- Nando's Fitness



Rules:
 Aim of the game is to generate as many peri points as you can to be the winner of the class. If you start an activity you must finish it. You cannot do the same spice twice in a row and you must complete at least 20 exercises on the grid. Once you have completed one tick it off so you can calculate your points. (Points shown on peri meter).

30 burpees	30 push ups	20 wall sprints	1 minute wall sit	1 minute of mountain climbers	1 minute of sit ups	1 minute squat bounce	1 minute plank
20 super man push ups	30 high knees high arms together	30 lunge bounces	30 v sits	20 wall sprints	2 minute punches	3 minute constant jog	25 burpees
1 minute skipping	10 wall sprints	1 minute punches	1 minute of speed jumps over line	6 punches followed by a 6 press ups in a minute	20 jumping jacks	40 high knees	1 min 30 seconds of spotty dogs
1 minute speed walk	1 minute lunges	30 second punches	30 second side plank	10 head, shoulders, knees, toes	10 second wall sit	10 V sits	8 squats

Whole School

- <https://www.raceatyourpace.co.uk/>

