

Sacred Heart – Think Sport Workouts		
Date (Week commencing)	Online Session	Virtual Challenge
11 th January	Football – Ball Mastery	Indoor Athletics Competition
18 th January	Fitness Fun	Beat the coaches Challenge 1.0
25 th January	Co-ordination Challenges	Sport Bingo
1 st February	HiiT	Penalty challenge
8 th February	Scavenger Hunt	Beat the coaches challenge 2.0

Online Session	Equipment Needed	Difficulty	Physically Challenging
Football – Ball Mastery	Football/suitable sized ball, 2 cones or items to use as markers. (Water bottles, cans, shoes) The session can be either indoors or outdoors.	***	***
Fitness Fun	Water bottle and a suitable space indoor/outdoors to move freely.	**	****
Co-ordination Challenges	Tennis Ball/smaller ball/rolled up pair of socks.	****	**
HiiT	Water bottle and a suitable space indoor/outdoors to move freely.	**	*****
Scavenger Hunt	Household items will be needed for the challenge, along with a stopwatch.	***	**

Virtual Challenge	How to complete the challenge	Top Tip	What do you do when you are finished?
Indoor Athletics Competition	Complete the 5 events that make up the indoor pentathlon athletics competition as held by the Luton School Games organisation. Long Jump – Measure how far you can jump from a standing start.	Warm-up before you start any of your activities, focus on large muscle groups you are going to use and make sure they have moved dynamically	Log on class Dojo or Send to Think Sport

	<p>Vertical Jump – Measure your highest reach point, now jump, and mark with chalk/pen/pencil how far you can jump and reach. (on to paper, outside wall.)</p> <p>Speed Bounce – Jump sideways with feet together over a cushion/pair of shoes/cones etc as many times as you can for a minute.</p> <p>Chest Push – Measure how far you can chest push a football/basketball/low weight medicine ball. This is the distance the ball lands and not travels after rolling.</p> <p>Shuttle run – How many shuttle runs can you run in one minute. The distance is 10m.</p> <p>Try and complete each event 3-5 times to see if you can beat your score. You will need a timer and measuring tape. If you are unable to measure the larger distances, walk out the distance and use each large step as a 1 metre guide.</p>	<p>(on the move) and stretched off statically (on the spot) before competing.</p> <p>Also where possible record yourself completing tasks, can you watch videos back to see how you could improve your technique. Focus on what your feet, legs, arms and head are doing.</p>	
Beat the coaches challenge 1.0	<p>How far can you travel in 7 days? The coaches will be recording their daily KM/Mileage that they complete in school and additional exercise. Use fit bits/smart phones to track any exercise you may do. Walk the dog, cycle your bike, ride your scooter or go for a run. Every step will count.</p> <p>If you don't have any of the devices try and google a loop/lap you can walk with an adult/parent/guardian and you can add up your steps this way.</p>	<p>Try and exercise once-twice a day where possible. Can you complete an easy workout, maybe a walk and a hard workout maybe a run or bike ride.</p> <p>Stay safe!</p>	<p>Log on class Dojo or Send to Think Sport</p>
Sport Bingo	<p>Can you Complete our sport bingo table we have created. You must complete a row (across) to finish and shout BINGO. If you manage to complete the whole sheet shout FULL HOUSE. We have created this sheet based on a professional athletes lifestyle.</p>	<p>Use YouTube and other safe platforms to search for activities and further information.</p>	<p>Log on class Dojo or Send to Think Sport</p>

		Work to the best of your ability and push yourself outside of your comfort zone, try new sports, new challenges and enjoy being fit and healthy.	
Penalty Challenge	<p>Record 5 penalty kicks at a goal, wall or open space. After you have recorded watch the coaches goalkeeper saves and see if your penalty kicks would have scored or been save. What coach did you beat? Did you manage to beat them both? Remember no peeping before you have recorded your shots.</p> <p>If you complete this task quickly, try using your weaker foot or against a friend to see how you get on.</p>	<p>The best placed penalties are usually in the top or bottom corners of the goal. Practice a few penalty kicks before you record your final shots. Remember to place the ball in different areas of the goal to confuse the goalkeeper.</p> <p>Will the coaches be able to read what way you are going to shoot?</p>	<p>Log on class Dojo or Send to Think Sport</p>
Beat the coach Challenge 2.0	<p>Can you beat the coaches time on the following exercises that spell Sacred Heart. (Each activity must be completed x20)</p> <p>S – Mountain Climbers A – Squats C – Crunches R – Lunges E – Press ups D – Flutter Kicks</p> <p>H – Shoulder Taps E – Star Jumps A – Punches R – Shuffles T - Burpees</p>	<p>Remember to warm-up, make sure you know what each exercise looks like so you can speed into each set.</p> <p>Try and take little rests in between to catch your breath, remember time is ticking.</p>	<p>Log on class Dojo or Send to Think Sport</p>

Pentathlon Athletics

Speed Bounce



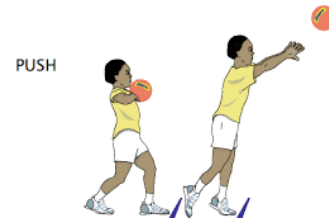
Standing Long Jump



Vertical Standing Jump



Chest Push



Shuttle Run



Score	Speed Bounce	Standing Long Jump	Vertical Standing Jump	Chest Push	Shuttle Run
1	Under 10	Under 1m	0-4cm	1m	1
2	10-20	1.0-1.2	5-15cm	2m	2
3	21-30	1.2-1.4	16-25cm	3m	3
4	31-40	1.4-1.6	26-35cm	4m	4
5	41-50	1.6-1.8	36-45cm	5m	5-7
6	51-54	1.8-1.9	46-55cm	6m	8-10
7	55-60	1.9-2.0	56-65cm	7m	11-13
8	61-64	2.0-2.1	66-75cm	8m	14-16
9	65-70	2.1-2.2	76-85cm	9m	17-19
10	70+	2.2m +	85cm +	10m +	20+

How to use the table?

Find your distance or repetition on the table above and add all of your scores together for the pentathlon event. For example:

Speed Bounce – 22 Jumps – 3 points

Standing Long Jump – 1.65m – 5 points

Vertical Standing Jump – 47cm – 6 points

Chest Push – 5m – 5 points

Shuttle Run – 9 runs – 6 points

Total - 25

Sport Bingo				
Physical	Technical	Psychological	Social	Creative
Run 5km Gold – Under 30 mins Silver – 30-40 mins Bronze – 40+ mins	Find a video of your favourite sport online and complete a session. Use YouTube workouts or picture diagrams to help you.	Set yourself a goal for P.E. (Participate in a school team, be a confident captain in a P.E Lesson, run a lunch time club for other year groups. etc)	Create your own P.E lesson. (Write what equipment you would need, what sport/activity would you run, include warm ups/cooldowns, make your lesson fun.)	Design a P.E Poster
Go on a bike ride. Gold – 15+ Miles Silver – 5-15 Miles Bronze – Under 5 Miles	Improve your catching skills. Can you use cup, clap, cradle and claw techniques? Can you increase the height or distance you are throwing?	Try a new type of fitness (Yoga, Zumba, Pilates, HiIT, meditation.)	Teach a family member a skill you have learnt in P.E in a safe indoor/outdoor space.	Cook a healthy meal. Is this a meal an athlete would have before, during or after an event?
Complete a Joe Wicks workout.	Work on your running technique. How can you become faster? Focus on your start, what are your feet are doing, what does your stride look like? Are your arms helping you to move?	Write what attributes/strengths a famous sportsman or woman has. (Think about their mentality are they determined, hard working, a team player etc.)	Ask a friend how they are doing and share your score results, talk about how you could both improve your scores, times, reps etc.	Write a story or poem about sport and exercising.
Create a new sport and play with family members.	Measure your resting heart rate, your heart rate during exercise/activity and after you have cooled down. Write or think about what it would look like on a graph. Record your heart rate for 10 seconds and multiply by 6 to get your BPM (Beats per minute.	Watch a sports game/event in your favourite sport. How would you feel competing in that event? Use a spider diagram to list your emotions. (Excited, nervous, proud etc.)	Share your scores on DOJO from any of the previous Sacred Heart P.E Challenges.	Create a sports video of your top skills. This can be anything from football to dancing.

BINGO – Complete a row (going across)

FULL HOUSE – Complete all of the tasks on the table above.