


National Sports Week at Home 2020 can involve all of the family. Get involved and receive a certificate and a place on Hawthorns PE wall of fame. Evidence of activities to be tweeted to [@Hawthorns PE](https://twitter.com/Hawthorns_PE). To enter, each day complete at least 2 of the 3 activities. Good Luck

Daily Challenges		Monday Is blue challenges	Tuesday Is green challenges	Wednesday Is yellow challenges	Thursday Is orange challenges	Friday Is red challenges
Activity 1		How many star jumps can you do in one minute? (3 attempts) Record below	How many times can you speed bounce in one minute? (3 attempts) Record below	How many times can you stand up and sit down without using your hands in one minute (3 attempts) Record below	How many bunny hops can you do in one minute Record below (3 attempts)	How many box press up can you do in one minute Record below (3 attempts)
My Score best out of three attempts	Attempt 1	_____ star jumps	_____ speed bounces	_____ stand up - sit down	_____ bunny hops	_____ box press ups
	Attempt 2	_____ star jumps	_____ speed bounce	_____ stand up - sit down	_____ bunny hops	_____ box press ups
	Attempt 3	_____ star jumps	_____ speed bounce	_____ stand up - sit down	_____ bunny hops	_____ box press ups
Activity 2		5 a day fitness Olympic sports routine click on link below to play click here to play	Cosmic Kids Yoga Workout click here to play	Just Dance I'm a gummy bear click here to play	Cosmic Kids Yoga Poses click here to play	5 minute move with Joe Wicks click here to play
Activity 3		Design a new PE kit for school 	Healthy Cooking activity Quick and easy perfect pizza click here to view recipe	Design your own, Sports Week poster	Healthy Cooking activity Breakfast whole grain fruit crunch click here to view recipe	Design your own game to play at home.



Hawthorns School National Sports Week at home daily challenges 2020



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