**KS3 PE Independent Sheet – Pupils can follow or implement alternative exercise**

**All years**

Its really hard to keep motivated at the moment. The less we do, the less we want to do but it is very important to get moving and get your daily exercise. Why not add it all up to a super challenge, which lasts a week, fortnight or a month.

**ONLINE-Activities: The Lockdown Jump Rope Challenge:** [www.jumpruk.com/the-lock-down-jump-rope-challenge/](http://www.jumpruk.com/the-lock-down-jump-rope-challenge/) for all schools during this time to keep fit. **This Girl Can:** [www.activehw.co.uk/this-girl-can-online](http://www.activehw.co.uk/this-girl-can-online) a 2-week online free activity timetable for females, including lots for teenagers, for example yoga, Zumba, combat, etc **Youth Sport Trust:**[www.youthsporttrust.org/free-home-learning-resources-0](http://www.youthsporttrust.org/free-home-learning-resources-0). **Sport England:**[www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout). **Active Herefordshire & Worcestershire:** [www.activehw.co.uk/stay-active-at-home](http://www.activehw.co.uk/stay-active-at-home). King Edwards PE at Home Basketball www.kessp.com/page//=PE+at+Home&pid=45

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| **London Marathon CHALLENGE**  This run 26.2 miles starts at Blackheath in Greenwich, passes the iconic Cutty Sark, goes over the world-famous Tower Bridge, and through Canary Wharf, before finishing on The Mall in front of Buckingham Palace. **Yours can be your local area: chart how long it takes you to complete by dividing the total by a chosen number of days?** | **Half Marathon CHALLENGE**  13.1miles day by day. Usually Starting on New Street, the **half marathon** will pass the famous Rotunda, Primark on High Street, Selfridges and St Martin's Church before taking thousands of participants along Pershore Road and into south **Birmingham** before a venture through cannon hill park and finish along a crowded Broad Street. **Can you jog it virtually in your area over a week or so? Chart how long it takes you?** | **The Lands End to John O’Groats CHALLENGE**  Traveling from Land’s End to John O’Groats will mean you are traveling the whole length of mainland Great Britain from its most southerly point, to its most northerly! But how far is it from Land’s End to John O’Groats? The best route with least cars is an epic 1000 mile (1609 km) journey - in order to stay safe and explore some of the best scenery in the UK! **Can you walk it virtually? Chart how long it takes you by adding up your daily 1 hours exercise as walking, that’s 7hrs a week.** | **The Sahara Desert CHALLENGE**  It covers an area of **3,629,360** square miles and is still growing. From east to west it is 4,800 miles long and from north to south it is 1,118 miles wide. **Can you trek virtually across the Sahara desert? Chart how long it takes you?** | **The Everest CHALLENGE**  If you can't picture the scale of **Everest**, it is the highest peak on earth, and the **summit** is around the height passenger planes fly. To complete the challenge it takes **52,047** **steps** which to be a little realistic should be up hill/stairs. You won’t have ice falls and altitude to battle but you will have mind over matter and muscle soreness. **So can you virtually climb Everest? However, unlucky for you going downstairs don’t count.** |
| **Double up**  **(**Burpees & Sit Ups)  (2 exercises, twice each a day, each day you add two-2-4-6-8-10…..for 2 weeks | **Triangle** (3 exercises, 3 times each, 3 times a day-3-6-9-12-15 for a week)  Sit Ups Press Ups Squats | **5 a day (**Select any 5 exercises which work different muscles groups)**.** Each one is completedin anyone of the following formats:   1. 5 times each, 5 times a week 2. 5 times each x 5 sets, 5 times a week (total 25 of each per day) 3. 1 minute each, 5 times a week | **77-Weekly (**Select any 7 exercises which work different muscles groups)  1 minute each, 7 times a week | **50 challenge** (for any 4 days of the week) 10 of each-once a day   1. Squats 2. Press ups 3. Sits ups 4. Burpees |

1. Jogg and time yourself for 1 mile and try and beat your time each day. 2) Run, jog and walk 1 mile and use lampposts to change speeds.