

NOT AT SCHOOL

SCHOOL GAMES

KS2 LESSON 6



ACTIVITY 1



Cardio Circuit - How many times can you repeat this circuit of activities in 10 minutes? Make sure to have a drink after!

- 10 star jumps
- 10 mountain climbers
- 10 skips or jumps
- 10 burpees
- 20 high knees

ACTIVITY 2



Cool Down - After you have completed the two challenges, its time for a cool down. It is really important you take the time to cool down after exercise as it allows a gradual decrease in heart rate and body temperature. **Take a look at this [video](#) to complete your cool down!**

ACTIVITY TRACKER CHALLENGE

From 23rd February to 24th March, every minute of exercise you complete goes towards the SLSSP Quad Cup - Activity Tracker Challenge! **Click this [link](#) for more information and details on how to track your exercise!**

WARM UP



Break Dancing - Learn the 3 steps to a beginner break dancing routine. Practice the movements and then see how many you can perform in 30 seconds. Have a drink and a short break then repeat to beat your score. **Check out the tutorial [here](#)!**

CHALLENGE 1



Separation

Spread 8 socks and 8 pants on the floor of a room along with two containers (one for each item). Start a timer and clear the floor as possible. You can only carry 1 item at a time and the clock stops when all items are in their correct container. Repeat and try to beat your time.

Poise

How long can you balance on one foot? Your heel must be off the floor and non-standing foot touching the knee of your standing leg. If you hop, drop your heel or disconnect your foot from your knee, the timer stops. Repeat to beat your time and also try your weaker leg.

