

Press Ups (10)	Wall Sit (30 Seconds)	Tuck Jumps (10)
Sprint on Spot (20 Seconds)	Walking Lunges (5 Each Leg)	Arm Circles (45 Seconds)
Squats (15)	Tip-Toe Hold (30 Seconds)	Sit Ups (10)

Mountain Climbers (25 Seconds)	Crunches (5)	High Knees (60 Seconds)
Burpees (15)	Squat Jumps (10)	Star Jumps (20)
Plank Hold (30 Seconds)	Step Ups (60)	Jog on Spot (60 Seconds)

**For more Daily Challenges visit:**  
[www.valeroyalschoolsport.org/home-learning](http://www.valeroyalschoolsport.org/home-learning)

**Instructions:**

- The game is based on the classic 'Noughts and Crosses'.
- The game is played in pairs, one person playing as 'noughts' the other playing as 'crosses'.
- Choose who will go first and then that person picks a square with one of the fitness movements in it.
- After completing that fitness movement for the time or number specified, that person can place either a 'nought' or a 'cross' in the box.
- If you need to take a break whilst doing the movement, do not worry, take as long as you need but make sure you work for the time or number specified!
- First to get three in a row (vertical, horizontal or diagonal) wins!

**Extra Challenge:**

- Create your own versions of the game using a blank template and your own fitness movements.



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