



Plank (10 sec) Star Jumps (10) Tuck Jumps (10) Press Ups (10)



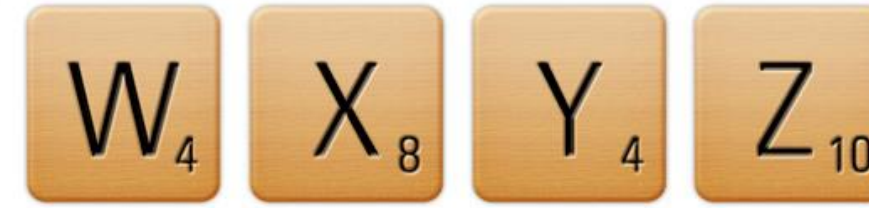
Wall Sit (10 sec) Sit Ups (10) Lunges (10) Squats (10) Step Ups (10 sec) Squat Jumps (10)



Burpees (10) Star Jumps (10) Tuck Jumps (10) Jog (10 sec) High Knees (10 sec) Press Ups (10)



Sit Ups (10) Plank (10 sec) Lunges (10) Squats (10) Jog (10 sec) Squat Jumps (10)



High Knees (10 sec) Burpees (10) Step Ups (10 sec) Wall Sit (10 sec)

Instructions:

- Before playing, choose a theme for the round/game.
- **Example:** Food, sport, colours, animals etc.
- Using a maximum of **seven** letters, create a word for your partner. You can use the same letter as many times as you like providing it makes a word linked to your theme.
- Once you have created a word, your partner must spell it out using the physical movements labelled on the tile.
- **Example:** APPLE= A= 10 second plank, P= 10 press ups, P= 10 press ups, L= 10 star jumps, E= 10 second wall sit.
- After your partner has completed the word, they can create one for you to try.
- **Extra Challenges:**
 1. Try to create a word containing seven letters.
 2. Try to create a word using seven different letters.

For Daily Challenges visit:

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