

S	Q	R	P	A	L	G	T	M	U
T	I	C	B	E	U	K	C	N	B
A	E	T	M	O	N	T	R	E	K
R	E	N	U	A	G	R	U	O	S
J	P	R	K	P	E	M	N	G	E
U	B	G	O	M	S	Q	C	U	E
M	C	Q	E	T	U	A	H	O	P
P	R	N	E	C	B	G	E	M	R
S	Q	U	A	T	S	P	S	E	U
T	U	C	K	J	U	M	P	S	B

**Instructions:**

- Try to find the following exercises in the Wordsearch.
- After finding each exercise, you must do **ten** of them.
- Exercises may be hidden vertically (up and down), horizontally (side to side) or diagonally.

Squats	Burpees	Star Jumps	Sit Ups
Tuck Jumps	Crunches	Lunges	

**Extra Challenges:**

1. Make it competitive and turn it into a race. Challenge a partner to race against and try to find all of the exercises before them. Remember, you have to do **ten** of each exercise after you find them!
2. Create your own Wordsearch and challenge a partner to try and complete it. Remember to write down the exercises that they need to find in the Wordsearch!

For Daily Challenges visit:

[www.valeroyschoolsport.org/home-learning](http://www.valeroyschoolsport.org/home-learning)



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