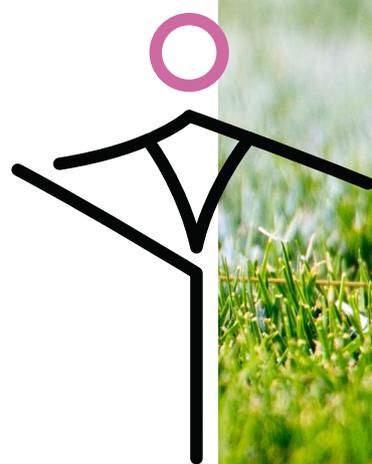




CROYDON
SCHOOL
SPORT
PARTNERSHIPS

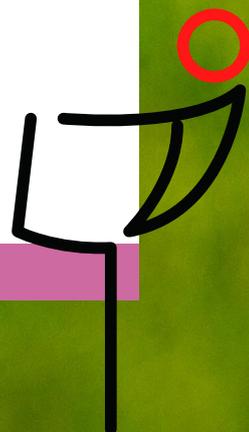
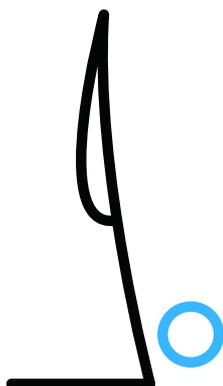
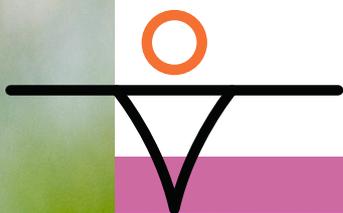


ACTIVE 15 MINUTES CHALLENGE



#StayInWorkOut

Week 2





**CROYDON
SCHOOL
SPORT
PARTNERSHIPS**



ACTIVE 15 MINUTES CHALLENGE

The Croydon SSP Active 15 Minutes Challenges have been created to help children and young people remain active and improve their skills whilst at home. As we are sure you are aware, the government promotes that children and young people should participate in at least 60 active minutes a day. With school closures, social distancing and self-isolation, it is vital that we are still active and this resource will give you some ideas on how you can achieve this. It will also help alleviate some of the boredom of being stuck indoors at this delicate time. Adults are encouraged to join in and make it into a family challenge!

Key Points:

Active 15 Minute Challenge Format:

- **Every Day** - There are daily challenges for each day of the week which focus on various different sporting skills.
- **Be Creative** - Feel free to add in your own combination or rules and make the challenge work for your environment.
- **Try and Try again** - The main thing is that you are giving it a go.
- **Share** - Your teacher may give you a platform to upload your challenge video on so you can share and have fun with your class!



#StayInWorkOut



@CROYDONSSP

Active 15 Min Challenge: **Shoulder Tap Challenge**

- **Equipment:** : Your own body
- **Multi Skill:** Core Engagement
- **Space:** Enough to be in the plank position and be able to move your arms freely

Challenge:

- Make sure you research how to do a shoulder tap
- Start by seeing how many shoulder taps you can do in 2 mins. Record your score and have a 90 second rest-**Repeat again twice more, recording your score each time and having a 90 second rest in-between. Take your highest score as your best score**
- Now you are going to see how many shoulder taps you can do until you feel you can't do anymore-**Get someone to time you and record you score**

Making It Harder: You can perform the tasks whilst balancing a weigh on your back such as a bag of sugar or rice. This will make your core muscles work higher to keep your body straight.

Making It Easier: You can perform the tasks whilst on your knees but keeping your chest off the ground.

Challenge Question: Can you add in any other exercises in-between your shoulder taps to bring in any other muscles?





Active 15 Min Challenge: **Dance Challenge**

- **Equipment:** Your own body and some creativity
- **Multi Skill:** Coordination and Balance
- **Space:** Enough to safely move around

Challenge

- Make up a dance routine to your favourite song and see if you can involve some sporting moves-**Ideally needs to last the duration of the whole song.**
- Make sure you involve some of the following dance actions-**Travel, Step, Gesture, Jump, Stillness & Turn.** You can always research them if you are not sure what they are.



Challenge Question: Can you add in multiply songs and create a super dance?





Active 15 Min Challenge: **Press Up Challenge**

- **Equipment:** Your own body
- **Multi Skill:** Core engagement and chest muscles
- **Space:** Enough to be in the plank position and be able to move your body freely

Challenge:

- Make sure you research how to do a press up
- Start by seeing how many press up you can do in 60 seconds. Record your score and have a 90 second rest- **Repeat again twice more, recording your score each time and having a 90 second rest in-between. Take your highest score as your best score**
- Now you are going to see how many pressups you can do until you feel you can't do anymore- **Get someone to time you and record you score.**



Making It Harder: You can perform the tasks whilst balancing a weigh on your back such as a bag of sugar or rice. This will make your core muscles work higher to keep your body straight. You can also perform diamond push ups, 1 arm push ups or push ups with a clap in between.

Making It Easier: You can perform the tasks whilst on your knees but keeping your chest off the ground.

Challenge Question: Can you add in any other exercises in-between your push ups to bring in any other muscles?





Active 15 Min Challenge: **Sideways Box Jump**

- **Equipment:** Your own body
- **Multi Skill:** : Leg muscles
- **Space:** Enough to jump safely over an object and land on two feet

Challenge:

- Use a line of cones, agility ladder or you can use a jumper and lay them in a straight line. Start on one side of the equipment.
- Start by seeing how many sideways box jumps over the equipment you can do in 60 seconds. You can move up and down the equipment so you are using more muscles in your body. Record your score and have a 60 second rest- **Repeat again twice more, recording your score each time and having a 60 second rest in-between. Take your highest score as your best score**
- Now you are going to see how many sideways box jumps you can do until you feel you can't do anymore-Get someone to time you and record your score

Making It Harder: You can perform the tasks whilst adding in a press up after you land the jump so it is harder. Or you can add in some quick feet sprinting for 5 seconds before doing the next jump.

Making It Easier: You can perform the tasks whilst jumping over the same spot across the equipment.

Challenge Question: Can you add in any other exercises in-between your sideways box jumps to bring in any other muscles?



#StayInWorkOut

@CROYDONSSP





Active 15 Min Challenge: **Tricep Dip Challenge**

- **Equipment:** Your own body and a chair or sofa
- **Multi Skill:** : Tricep muscles and core muscles
- **Space:** Enough to lower your body safely

Challenge:

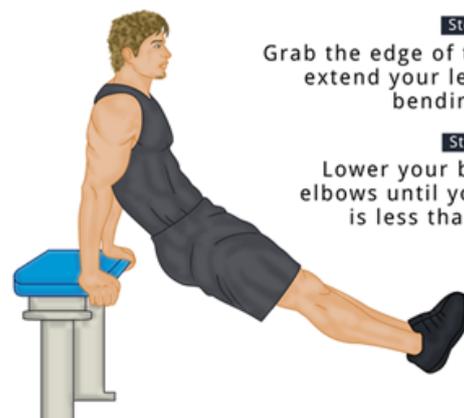
- Use a chair, edge of a bed or sofa to do this challenge.
- Start by seeing how many tricep dips you can do in 60 seconds. Record your score and have a 60 second rest-**Repeat again twice more, recording your score each time and having a 60 second rest in-between. Take your highest score as your best score**
- Now you are going to see how many tricep dips you can do until you feel you can't do anymore-Get someone to time you and record you score

Making It Harder: You can perform tricep dips whilst only having 1 leg on the ground and keeping 1 leg straight. Or you can add some weight and rest it on your legs to make it harder to lower and raise your body whilst performing the dips.

Making It Easier: You can perform the triceps dips but not lower your body all the way down and go halfway.

Challenge Question: What other multi skills can you bring into this challenge?

Bench Dips



Step 1

Grab the edge of the bench and extend your legs forward by bending at the waist

Step 2

Lower your body using the elbows until your upper arm is less than 90° with the forearm

Step 1



Step 1

Grab the edge of the bench and extend your legs forward by bending at the waist

Step 2

Lower your body using the elbows until your upper arm is less than 90° with the forearm

Step 2



#StayInWorkOut



@CROYDONSSP





**CROYDON
SCHOOL
SPORT
PARTNERSHIPS**

Have Fun!

#StayInWorkOut



#StayInWorkOut

**Tag us on your
videos!**

@Croydonssp