



Magnificent March



CHALLENGE A DAY

There are 30 challenges below. How many can you do? Tick off the challenges as you manage to do them. You can choose any order as long as you do one a day. If there's a star "click" on it. It will take you straight to your workout on the internet. Make sure your internet browser is open.



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<p>1. Follow SSP Coach Gemma Smith's 'Wriggle' dance routine.</p> 	<p>2. Scooter / bike challenge. Can you ride your scooter or bike for 10 minutes without stopping? Work those muscles.</p>	<p>3. Shooting stars Can you do 30 star jumps / jumping jacks? Clap your hands above your head each time.</p>	<p>4. Try this 5-minute workout with Joe Wicks. It's perfect for nursery and reception.</p> 	<p>5. Balance challenge. Stand on one foot and see how long you can balance for.</p>	<p>6. Rest (optional) Your body needs time to rest and recover from all of the exercises. If you don't want to stop chose your favourite exercise so far.</p>	<p>7. Are you a squat star? Go down into a squat position and sit there for as long as you can. Who's the squat star?</p>
<p>8. Frog hops. Squat down / crouch down to the floor. Frog hop up high then back down. Work those legs getting them really strong. Can you do this for a minute without a break? How many times can you repeat this?</p>	<p>9. Let's all join Sportacus from Lazytown on his superheroes workout.</p> 	<p>10. <u>Super sprinter</u> This challenge involves a 30-metre sprint. All you need is a starting line and a finishing line. Who is the fastest?</p>	<p>11. Follow SSP Coach Gemma Smith's Teddy bear twist challenge.</p> 	<p>12. Rest (optional) Your body needs time to rest and recover from all of the exercises. If you don't want to stop chose your favourite exercise so far.</p>	<p>13. Hop scotch challenge. Play a game of hop scotch with your family. Can you hop scotch on the numbers? Ask your mum, dad or your carers if they played this at school</p>	<p>14. Animal walks. Can you bear crawl across the floor, how about walking like a caterpillar, moving your arms first and then your legs? Do this for 5 minutes and then challenge someone to a race.</p>
<p>15. Spiderman would like to help you exercise today. Try this active 8 minute workout</p> 	<p>16. Balance on one foot and hop for 1 minute, have 30 seconds rest then change legs. repeat as many times as you can</p>	<p>17. Butt is a funny word to call your bottom. There's even an exercise called butt kicks. Give it a try. How many can you do in 30 seconds? Once you have done this once see if you can beat your record.</p>	<p>18. Perfect planks. Can you go into a plank position and hold it for as long as possible. Is your body flat like a table? Who has got a perfect plank?</p>	<p>19. Mad marathon runner. Today you are going to run a marathon, which is a really long race. You are going to try and run for 3 minutes without stopping. If this is too easy get your breath back and repeat it. How many times can you do this?</p>	<p>20. Rest (optional) Your body needs time to rest and recover from all the exercises. If you don't want to stop chose your favourite exercise so far.</p>	<p>21. Today's workout is based on a video game. Run on the spot to get the game started. When a parent shouts banana skin jump high over it, when a rocket ship comes duck under it. On command thunderstorm lie on the floor on your tummy.</p>



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<p>22. Today we are going on a cycling adventure but we don't need our bikes.... We don't even have to go outside. Lie on your back and put your legs in the air. Pretend you are cycling on your bike and let your legs move around in circles. Can you go really fast? Can you do this for 1 minute then have a rest? Keep repeating this cycling challenge over and over to get those leg muscles nice and strong.</p>	<p>23. Do you like to move it move it? Try this Zumba dance with Zumba kids</p> 	<p>24. Get out on your bike or scooter and make those muscles move. Can you ride for 15 minutes? This is a long time but it will be fun.</p>	<p>25. Brilliant bouncers. Place a line of rolled up socks on the floor. Can you jump side to side over these socks for 30 seconds? How many can you do? Have a rest then try again? Are you the best bouncer in the family?</p>	<p>26. Rest (optional) Your body needs time to rest and recover from all of the exercises. If you don't want to stop chose your favourite exercise so far.</p>	<p>27. <u>Let's get moving</u> Follow SSP Coach Gemma Smith's Hot Hot Hot Football Fever dance routine and let's try and get the sun to shine again.</p> 	<p>28. This big challenge is another marathon run. Today we are all going to try and run for 5 minutes without stopping. This will be a marathon for some people but keep it going. The gold medal is waiting for you.</p>
<p>29. This is another real challenge. Can you throw a ball into the arm and clap your hands in front of your tummy and behind your back before catching it?</p>	<p>30. Choose your favourite task from this month and see if you can beat your first attempt. Success is all about try, try, try again.</p>					