

Physical Education at Home 2020



Phone Number Workout

The Rules:

1. Write your phone number down
2. Go through your phone number one digit at a time and do the exercise associated with that number
3. Try a new phone number

1



2



3



10 reps

4



5



6



15 reps

7



8



9

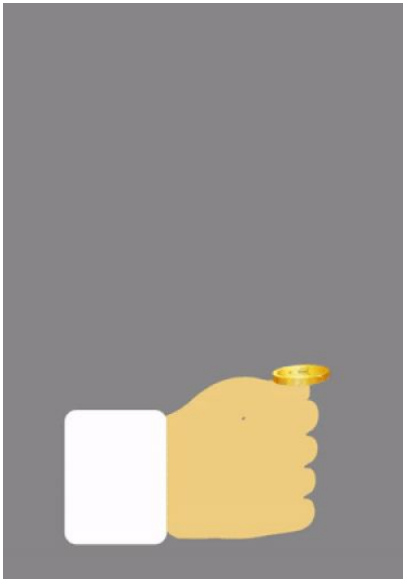


20 reps

0



Coin Toss Workout



The Rules:

1. Find a partner
2. One person flips the coin, the other calls heads or tails
3. If you called it correctly the person who flipped the coin does the exercise, if you didn't then you do it.
4. Swap over



10 reps



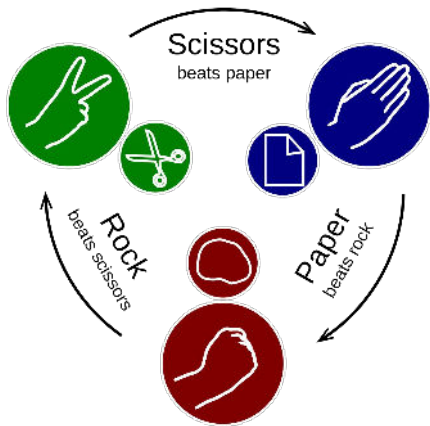
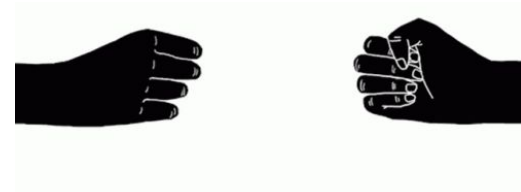
15 reps



20 reps

Flip	Heads	Tails
1		
2		
3		
4		
5		
6		

Rock Paper Scissors Workout



The Rules:

- Find a partner
- Play 'rock, paper, scissors'.
- Winner does a 5 second plank, Loser does the exercise below
- If it's a draw, play again



10 reps



15 reps



20 reps

Dice Workout



10 reps



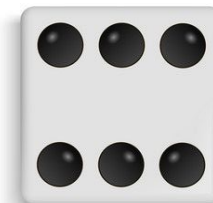
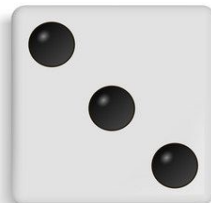
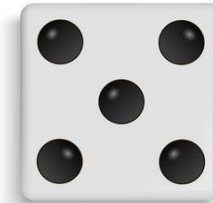
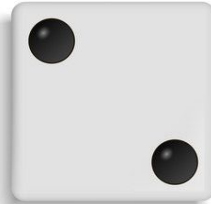
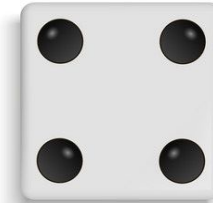
15 reps



20 reps

The Rules:

1. Decide on whether you are playing for Bronze, Silver or Gold
2. Roll the dice
3. Do the activity
4. The next person rolls and does their activity
5. The winner is the person who continues the longest



Physical Education at Home 2020



The Rules:

1. Plan a journey to Chelsea Academy using the Overground
2. Do the exercise associated with each station you pass through
3. Pick your own starting point to make it easier or harder.
4. **Challenge:** Make it back to your starting point













10 reps



15 reps



20 reps

Finchley Road	
West Hampstead	
Brondesbury	
Brondesbury Park	
Kensal Rise	
Willesden Junction	
Shepherd's Bush	
Kensington	
West Brompton	
Imperial Wharf	



Physical Education at Home 2020

Deck of Cards Workout



Squats



Lunges



Press-ups



Burpees

Special Cards



15 Reps



20 Reps



Hop on
one leg
until it's
your turn
again



Draw 4
cards and do
all activities

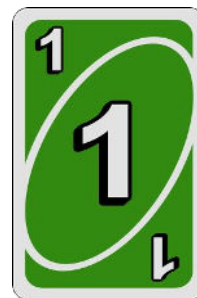
The Rules:

- Each of the four suits in a deck of cards represents a different exercise, and the card value equals the number of repetitions.
- Each card drawn must be completed by the contestants before moving on to the next. 30-second rests are allowed in-between cards.
- Two or more people compete to see who can last the longest. The deck will be recycled until there is only one person left.

Physical Education at Home 2020



Fitness



**Star
Jumps**



Burpees



Sit Ups



**Press
Ups**

Number Cards - Students complete the number of repetitions based on the number and colour card drawn.

WELCOME TO UNO FITNESS

These Are The Rules To Follow...

(Can be performed as a group or individually)

Take it in turns to draw a card from the deck. The card that is drawn will uncover the activity you must complete. Remember each colour has a different activity and the number represents how many times you must do the activity.

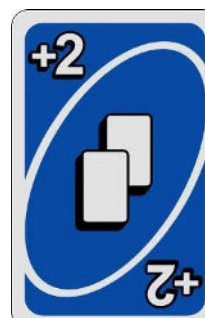
If You Do Not Have Uno Cards The App Is Free To Download On Apple Or Android



Skip Card
Player must skip around the room once



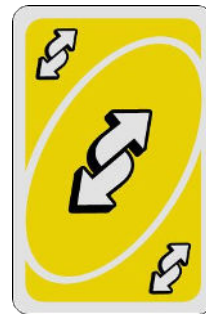
Wild Card +4
Draw four cards and do all activities



Draw 2 Card
Draw two cards and do both activities



Wild Card
Player must get a drink of water



Reverse Card
Player must jog around the room backwards

Physical Education at Home 2020

Spell a word you find challenging to create your own personal workout.

Repeat the word 3 times to reinforce the spelling and work up a sweat!

Select the REPS based on your energy levels: 10, 15 or 20 repetitions.



A



B



C



D



E



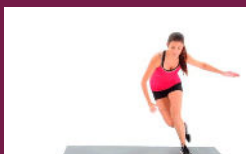
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G



H



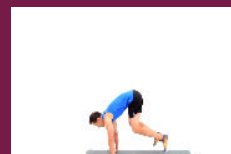
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K



L



M



N



O



P



Q



R



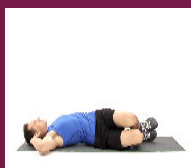
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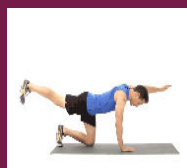
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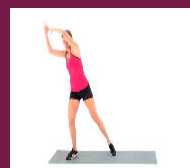
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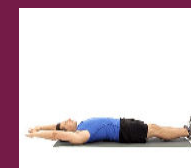
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X



Y



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