









30 Day Fitness Challenge Activities

Monday 1st March 2021 - Thursday 1st April 2021

Type of session	Description	Link
Pilates	Choose 1 Pilates video from below to count as 1 challenge. <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div>	
	Kids Pilates workout to 'This is Me' by Mini Pop Kids - This is great for KS2 pupils and parents.	https://www.youtube.com/watch?v=7EX5Yxprrg8
	10 minutes Pilates full body workout with Lottie Murphy - good for KS2, KS3, KS4 and parents.	https://www.youtube.com/watch?v=qyeB2Wdh3cc
	Kids 20 minutes workout - playful poses - 20 online - good for KS2, KS3, KS4 and parents.	https://www.youtube.com/watch?v=HauE2uyOHJY
	Pilates for kids - Great for Nursery and KS1 pupils with their parents.	https://www.youtube.com/watch?v=Jqz5DmPo02M
Yoga	Choose 1 Yoga video from below to count as 1 challenge. <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div>	
	Partner yoga challenge – Brock and Boston - You need a partner for this.	https://www.youtube.com/watch?v=xWIHOPZPeeM
	Frozen! A cosmic kids Yoga adventure - Great for Foundation, KS1.	https://www.youtube.com/watch?v=xlg052EKMtk

	Minecraft! A cosmic kids Yoga adventure - Great for Foundation, KS1.	https://www.youtube.com/watch?v=02E1468SdHg
	Yoga for kids - Great for all the family.	https://www.youtube.com/watch?v=X655B4ISakg
Dance	Choose 1 Dance video from below to count as 1 challenge. 	
	Fortnight Dancing	fortnight dances - Bing video
	Hip Hop Dance	Easy Dance Routine - (Hip Hop Dance Tutorial AGES 7+) MihranTV - YouTube
HIIT	Choose 1 HIIT video from below to count as 1 challenge. 	
	5 minutes of exercise, done by kids, for KS2.	hiit for kids - Bing video
	8 minutes workout for beginners, good for KS1.	jo wicks kids workout - Bing video
	8 minutes workout with Spiderman.	8 Minute Kids Workout With Spiderman The Body Coach TV - YouTube
	8 minutes workout good for all the family.	Active 8 Minute Workout 1 The Body Coach TV - YouTube
	30 minutes exercise with some rest in between. If you are feeling really energetic.	hiit session for kids - Bing video
	10 minutes workout, great for KS1 and 2.	HIIT Exercises for Kids - Bing video

Wheels

Different examples of using wheels to exercise, that you can count as one of your challenges.

- Go for a bike ride around your local area with your family.
- Take your bike in the car and ride around your local park.
- Find some off-road cycling and cycle for 30 minutes with a family member.
- Go to the skatepark – use your scooter, bike or skateboard.
- Set up a scooter course with some ramps.
- Practice some scooter or skateboard tricks.

Make sure you cycle with an adult and follow the highway code if cycling on the road.

Walking/Jogging

Different examples of walking or jogging you can do to count as one of your challenges.

- Walk the dog for 20 minutes.
- Walk around your local park with your family.
- Walk along the beach with your family.
- Find a lovely walk near where you live, perhaps in the countryside, go for 1 hour.
- Jog/walk with a member of your family for 10 minutes.
- Jog for 15 minutes around your local area.
- Find a route to run in the countryside near where you live for 20 minutes.
- Run in the park for 10 minutes.
- Set up a course in your garden and run for 4 minutes, how many laps did you do?

Please make sure you go with an adult when completing these challenges.

Learn a New Skill - Choose 1 new skill to learn as 1 of your challenges a day.

Martial Arts: Karate

[10 Min Pokemon Karate Lesson For Kids At Home - YouTube](#)

Football

KS1 and beginners. [FOOTBALL SKILLS YOU CAN PRACTICE AT HOME - YouTube](#)

How to do keepy ups, easy to harder. [How To Juggle a Soccer Ball | Basic Tutorial | YFutbol - YouTube](#) –

How to do round the world with a football. [How to do outside Around The World in less than 5 minutes!!! | Step by Step tutorial - YouTube](#) –

How to do lots of tricks it says beginners, but I would say this is for those that play football, have a go and show your friends. [10 Beginner tricks | Freestyle football - YouTube](#) –

Basketball

Great skills to learn with a basketball. [Basketball Drills Dribbling Skills Ball Handling Kids - Buy full video at ballhandlingforkids.com - YouTube](#) –

Volleyball

[Fun Volleyball challenges for PE \(elementary grade 3-6\) | Teach volleyball skills - YouTube](#)

60 second challenges

Choose four 60 second challenges as 1 of your challenges a day.

Hunt the hat challenge.

Get someone to hide 10 hats around your house (or teddies/socks) How many can you get in 60 seconds?

Hopscotch in a hurry challenge.

Draw a hopscotch grid, how many times can you do the hopscotch grid and run back to the start in 60 seconds?

Air balloon challenge - Can you keep a balloon off the ground for 60 seconds?

Skipping – on own how many can you do in a minute?

Obstacle course challenge - Set up an obstacle course in your bedroom or garden, how many times can you complete it in 60 seconds?

Climb the mountain challenge.



Burpees challenge



Sock in a box challenge - how many socks can you throw into a box in 60 seconds?

Outdoor play



Can you build a den in your local park, woods or garden? Make sure if you are in your local park or woods that an adult is present.

How to Record Your Results and Enter the Challenge:

Record your progress by completing the simple record sheet that can be found on the school website. We'll give you a link to an online form soon where you can then submit your results.

Entries close at 10am on Thursday 1st April 2021.

You can also attach your skipping challenge photos and videos in the form!

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#).