



Year 6 Core Pe Challenge: Fitness Board game

Task: Can you complete the fitness course? Flip a coin, Heads = move forwards 2, Tails = move forwards 1.

Fitness Board Game					
<p>Start</p> 	<p>45secs High knees</p> <p>➡</p>	<p>15 Jump squats</p> <p>➡</p>	<p>15 Sit ups & (go back 2 places)</p> <p>➡</p>	<p>20 Start Jumps</p> <p>➡</p>	<p>15 Lunges</p> <p>⬇</p>
<p>1min Plank</p> <p>⬇</p>	<p>45 secs heel kicks</p> <p>⬅</p>	<p>10 mountain climbers (go back 3 spaces)</p> <p>⬅</p>	<p>10 Jump lunges</p> <p>⬅</p>	<p>15 Press ups & 10 sit ups</p> <p>⬅</p>	<p>1min High knees</p> <p>⬅</p>
<p>20 secs hopping on each leg</p> <p>➡</p>	<p>15 mountain climbers (go back 4 spaces)</p> <p>➡</p>	<p>20 crunches</p> <p>➡</p>	<p>20 squats</p> <p>➡</p>	<p>30 secs plank</p> <p>➡</p>	<p>15 press ups</p> <p>⬇</p>
	<p>30 secs wall sit & (Go forward 1 space)</p> <p>⬅</p>	<p>10 knees to chest jumps</p> <p>⬅</p>	<p>25 crunches (go back 5 spaces)</p> <p>⬅</p>	<p>15 tricep dips</p> <p>⬅</p>	<p>30 Star Jumps</p> <p>⬅</p>