



March 2020

Dear Students

Physical Activity during school closure

During this time of school closure it is important to keep up positive routines where you can look after both your physical and mental health. The NHS suggests that you aim for an average of at least 60 minutes of physical activity a day. You should take part in a variety of types of intensities of physical activity across the week, from moderate to vigorous, to develop movement skills, muscles and bones. This could be anything where you are physically active and should try to reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.

As well as the importance of routine and health maintenance, it is important to consider the following:

1. Maintain high standards of hygiene. Make sure you wash your hands for 20 seconds with warm water and soap.
2. Work at a level appropriate/comfortable for you.
3. Stop if you feel uncomfortable.
4. Don't attempt any exercises you can't do or are above your ability.

Many of the suggestions on the additional pages can be done at home alone or with family. Please also remember things like taking a walk to increase your step count towards your daily exercise target.

We wish you well over the next few weeks and if you have any questions then feel free to email me at: t.blandford@springwoodhighschool.co.uk

With very best regards

Springwood High School PE Department

Fitness Videos

JOE WICKS – [#PEwithJOE](#)

Starting Monday 23rd March - hosting a free workout aimed at kids LIVE on his YouTube channel.



SPORT ENGLAND - [#StayInWorkOut](#)

30 Day Fitness Challenges

Day 1	Day 2	Day 3	Day 4	Day 5
Push-ups: 5 Squats: 25 Crunches: 10 Lunges: 20	Push-ups: 5 Squats: 30 Crunches: 15 Lunges: 21	Push-ups: 7 Squats: 35 Crunches: 15 Lunges: 22	Push-ups: 7 Squats: REST Crunches: 25 Lunges: 23	Push-ups: 8 Squats: 40 Crunches: 30 Lunges: REST
Day 6	Day 7	Day 8	Day 9	Day 10
Push-ups: 9 Squats: 45 Crunches: 35 Lunges: 25	Push-ups: REST Squats: 50 Crunches: REST Lunges: 26	Push-ups: 8 Squats: REST Crunches: 45 Lunges: 27	Push-ups: 9 Squats: 55 Crunches: 45 Lunges: 28	Push-ups: 10 Squats: 60 Crunches: 50 Lunges: 29
Day 11	Day 12	Day 13	Day 14	Day 15
Push-ups: 10 Squats: 65 Crunches: 55 Lunges: REST	Push-ups: 12 Squats: REST Crunches: 55 Lunges: 31	Push-ups: 12 Squats: 70 Crunches: REST Lunges: 32	Push-ups: REST Squats: 75 Crunches: 60 Lunges: 33	Push-ups: 13 Squats: 80 Crunches: 65 Lunges: 34
Day 16	Day 17	Day 18	Day 19	Day 20
Push-ups: 15 Squats: REST Crunches: 65 Lunges: 35	Push-ups: 16 Squats: 85 Crunches: 70 Lunges: 36	Push-ups: 16 Squats: 90 Crunches: 70 Lunges: REST	Push-ups: 19 Squats: 95 Crunches: 75 Lunges: 38	Push-ups: 21 Squats: REST Crunches: 75 Lunges: 39
Day 21	Day 22	Day 23	Day 24	Day 25
Push-ups: REST Squats: 100 Crunches: 75 Lunges: 40	Push-ups: 23 Squats: 105 Crunches: REST Lunges: 41	Push-ups: 26 Squats: 110 Crunches: 80 Lunges: 42	Push-ups: 28 Squats: REST Crunches: 80 Lunges: 43	Push-ups: 30 Squats: 115 Crunches: 85 Lunges: REST
Day 26	Day 27	Day 28	Day 29	Day 30
Push-ups: 32 Squats: 120 Crunches: 85 Lunges: 45	Push-ups: 34 Squats: 125 Crunches: 90 Lunges: 46	Push-ups: 36 Squats: REST Crunches: REST Lunges: 47	Push-ups: 38 Squats: 130 Crunches: 95 Lunges: 49	Push-ups: 40 Squats: 135 Crunches: 100 Lunges: 50

AB

CHALLENGE

30 DAY CHALLENGE



crunches

leg raises

plank

Day 1 15 crunches 6 leg raises 10 second plank	Day 2 20 crunches 8 leg raises 15 second plank	Day 3 25 crunches 10 leg raises 20 second plank	Day 4 30 crunches 12 leg raises 25 second plank	Day 5 35 crunches 14 leg raises 30 second plank
Day 6 40 crunches 16 leg raises 35 second plank	Day 7 45 crunches 18 leg raises 40 second plank	Day 8 50 crunches 20 leg raises 45 second plank	Day 9 55 crunches 22 leg raises 50 second plank	Day 10 60 crunches 24 leg raises 55 second plank
Day 11 65 crunches 26 leg raises 60 second plank	Day 12 70 crunches 28 leg raises 65 second plank	Day 13 75 crunches 30 leg raises 70 second plank	Day 14 80 crunches 32 leg raises 75 second plank	Day 15 85 crunches 34 leg raises 80 second plank
Day 16 90 crunches 36 leg raises 85 second plank	Day 17 95 crunches 38 leg raises 90 second plank	Day 18 100 crunches 40 leg raises 95 second plank	Day 19 105 crunches 42 leg raises 100 second plank	Day 20 110 crunches 44 leg raises 105 second plank
Day 21 115 crunches 46 leg raises 110 second plank	Day 22 120 crunches 48 leg raises 115 second plank	Day 23 125 crunches 50 leg raises 120 second plank	Day 24 130 crunches 52 leg raises 125 second plank	Day 25 135 crunches 54 leg raises 130 second plank
Day 26 140 crunches 56 leg raises 135 second plank	Day 27 145 crunches 58 leg raises 140 second plank	Day 28 150 crunches 60 leg raises 145 second plank	Day 29 155 crunches 62 leg raises 150 second plank	Day 30 120 crunches 64 leg raises 155 second plank

30 Day Fitness Challenges



Complete the 4 of rows of each exercise listed every day to earn your flat abs by day 30! The stars indicate the EXTRA 4 workouts you'll want to do each day to keep from cheating.



Reverse Crunch



Double Leg Lift



Ankle Reach



Criss-Cross



Roll-Up

<div style="text-align: center; font-weight: bold; color: #e91e63;">1</div> <input type="checkbox"/> 5 Roll-Ups <input type="checkbox"/> 5 Ankle Reaches <input type="checkbox"/> 5 Leg Lifts	<div style="text-align: center; font-weight: bold; color: #e91e63;">2</div> <input type="checkbox"/> 6 Roll-Ups <input type="checkbox"/> 6 Ankle Reaches <input type="checkbox"/> 6 Leg Lifts	<div style="text-align: center; font-weight: bold; color: #e91e63;">3</div> <input type="checkbox"/> 7 Roll-Ups <input type="checkbox"/> 7 Ankle Reaches <input type="checkbox"/> 7 Leg Lifts	<div style="text-align: center; font-weight: bold; color: #e91e63;">4</div> <input type="checkbox"/> 8 Roll-Ups <input type="checkbox"/> 8 Ankle Reaches <input type="checkbox"/> 8 Leg Lifts	<div style="text-align: center; font-weight: bold; color: #e91e63;">5</div> <input type="checkbox"/> 9 Roll-Ups <input type="checkbox"/> 9 Ankle Reaches <input type="checkbox"/> 9 Leg Lifts	<div style="text-align: center; font-weight: bold; color: #e91e63;">6</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts
<div style="text-align: center; font-weight: bold; color: #e91e63;">7</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 5 Reverse Crunches	<div style="text-align: center; font-weight: bold; color: #e91e63;">8</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 6 Reverse Crunches	<div style="text-align: center; font-weight: bold; color: #e91e63;">9</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 7 Reverse Crunches	<div style="text-align: center; font-weight: bold; color: #e91e63;">10</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 8 Reverse Crunches	<div style="text-align: center; font-weight: bold; color: #e91e63;">11</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 9 Reverse Crunches	<div style="text-align: center; font-weight: bold; color: #e91e63;">12</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 10 Reverse Crunches
<div style="text-align: center; font-weight: bold; color: #e91e63;">13</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 10 Reverse Crunches <input type="checkbox"/> 5 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">14</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 10 Reverse Crunches <input type="checkbox"/> 6 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">15</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 10 Reverse Crunches <input type="checkbox"/> 7 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">16</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 10 Reverse Crunches <input type="checkbox"/> 8 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">17</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 10 Reverse Crunches <input type="checkbox"/> 9 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">18</div> <input type="checkbox"/> 10 Roll-Ups <input type="checkbox"/> 10 Ankle Reaches <input type="checkbox"/> 10 Leg Lifts <input type="checkbox"/> 10 Reverse Crunches <input type="checkbox"/> 10 Criss-Crosses
<div style="text-align: center; font-weight: bold; color: #e91e63;">19</div> <input type="checkbox"/> 11 Roll-Ups <input type="checkbox"/> 11 Ankle Reaches <input type="checkbox"/> 11 Leg Lifts <input type="checkbox"/> 11 Reverse Crunches <input type="checkbox"/> 11 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">20</div> <input type="checkbox"/> 12 Roll-Ups <input type="checkbox"/> 12 Ankle Reaches <input type="checkbox"/> 12 Leg Lifts <input type="checkbox"/> 12 Reverse Crunches <input type="checkbox"/> 12 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">21</div> <input type="checkbox"/> 13 Roll-Ups <input type="checkbox"/> 13 Ankle Reaches <input type="checkbox"/> 13 Leg Lifts <input type="checkbox"/> 13 Reverse Crunches <input type="checkbox"/> 13 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">22</div> <input type="checkbox"/> 14 Roll-Ups <input type="checkbox"/> 14 Ankle Reaches <input type="checkbox"/> 14 Leg Lifts <input type="checkbox"/> 14 Reverse Crunches <input type="checkbox"/> 14 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">23</div> <input type="checkbox"/> 15 Roll-Ups <input type="checkbox"/> 15 Ankle Reaches <input type="checkbox"/> 15 Leg Lifts <input type="checkbox"/> 15 Reverse Crunches <input type="checkbox"/> 15 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">24</div> <input type="checkbox"/> 16 Roll-Ups <input type="checkbox"/> 16 Ankle Reaches <input type="checkbox"/> 16 Leg Lifts <input type="checkbox"/> 16 Reverse Crunches <input type="checkbox"/> 16 Criss-Crosses
<div style="text-align: center; font-weight: bold; color: #e91e63;">25</div> <input type="checkbox"/> 17 Roll-Ups <input type="checkbox"/> 17 Ankle Reaches <input type="checkbox"/> 17 Leg Lifts <input type="checkbox"/> 17 Reverse Crunches <input type="checkbox"/> 17 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">26</div> <input type="checkbox"/> 18 Roll-Ups <input type="checkbox"/> 18 Ankle Reaches <input type="checkbox"/> 18 Leg Lifts <input type="checkbox"/> 18 Reverse Crunches <input type="checkbox"/> 18 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">27</div> <input type="checkbox"/> 19 Roll-Ups <input type="checkbox"/> 19 Ankle Reaches <input type="checkbox"/> 19 Leg Lifts <input type="checkbox"/> 19 Reverse Crunches <input type="checkbox"/> 19 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">28</div> <input type="checkbox"/> 20 Roll-Ups <input type="checkbox"/> 20 Ankle Reaches <input type="checkbox"/> 20 Leg Lifts <input type="checkbox"/> 20 Reverse Crunches <input type="checkbox"/> 20 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">29</div> <input type="checkbox"/> 21 Roll-Ups <input type="checkbox"/> 21 Ankle Reaches <input type="checkbox"/> 21 Leg Lifts <input type="checkbox"/> 21 Reverse Crunches <input type="checkbox"/> 21 Criss-Crosses	<div style="text-align: center; font-weight: bold; color: #e91e63;">30</div> <input type="checkbox"/> 22 Roll-Ups <input type="checkbox"/> 22 Ankle Reaches <input type="checkbox"/> 22 Leg Lifts <input type="checkbox"/> 22 Reverse Crunches <input type="checkbox"/> 22 Criss-Crosses

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ALPHABET CHALLENGE				
A = 5 BURPEES	B = 5 SIT UPS	C = 5 PUSH UPS	D = 20 JUMPING JACKS	E = 30 SEC JOG ON THE SPOT
F = 10 SQUATS	G = 20 HIGH KNEES	H = 30 SEC WALL SIT	I = RUSSIAN TWISTS	J = 30 SEC STEP UPS
K = 30 SEC BUTT KICKS	L = 15 SEC SPRINT ON SPOT	M = 7 SIT UPS	N = 7 PUSH UPS	O = 7 BURPEES
P = 30 JUMPING JACKS	Q = 10 LUNGES	R = 30 SEC DANCE	S = 20 SEC PLANK	T = 20 SEC WALL SIT
U = 5 UP & 10 PLANKS	V = 10 ELBOW TO KNEES	W = 10 JUMP & TOUCH THE SKY	X = 60 SEC JOG ON SPOT	Y = 40 SEC DANCE
		Z = 30 SEC HIGH KNEES		
IDEA 1 USE YOUR NAME (FIRST AND LAST)	IDEA 2 USE YOUR BIRTHDAY (EG APRIL EIGHTEENTH)	IDEA 3 USE YOUR AGE (EG THIRTEEN)	IDEA 4 ADD THEM TOGETHER (EG NAME + AGE)	IDEA 5 DAY OF THE WEEK (EG THURSDAY)

