













# 30 days of fitness challenge



## #30daysofFitness@Bridgewater

Complete your daily challenge!! Take pictures and videos and upload to the school  
twitter page: @BridgewaterScho use the hashtags #PE #30daysofFitness



1 <b>50 EXERCISES</b> 10 press ups, 10 squats, 10 star jumps, 10 lunges & 10 burpees	2 Complete a YOUTUBE HIIT WORKOUT	3  Complete a 30 minutes Joe Wicks PE lesson	4 <b>CORE WORK</b> Sit ups or crunches 3 sets of 10 3 x 30 second planks	5  Walk, Run or Cycle for 30 minutes	6 <b>FAMILY FUN</b> Encourage other members of you house to join in with some fitness activities
7  Complete a 30 minutes Joe Wicks PE lesson	8 <b>CORE WORK</b> Sit ups or crunches 4 sets of 10 3 x 30 second planks	9 <b>60 EXERCISES</b> 12 press ups, 12 squats, 12 star jumps, 12 lunges & 12 burpees	10  Walk, Run or Cycle for 35 minutes	11 <b>FAMILY FUN</b> Encourage other members of you house to join in with some fitness activities	12 Complete a YOUTUBE HIIT WORKOUT
13 <b>CORE WORK</b> Sit ups or crunches 5 sets of 10 3 x 45 second planks	14  Complete a 30 minutes Joe Wicks PE lesson	15  Walk, Run or Cycle for 40 minutes	16 <b>FAMILY FUN</b> Encourage other members of you house to join in with some fitness activities	17 Complete a YOUTUBE HIIT WORKOUT	18 <b>75 EXERCISES</b> 15 press ups, 15 squats, 15 star jumps, 15 lunges & 15 burpees
19 <b>100 EXERCISES</b> 20 press ups, 20 squats, 20 star jumps, 20 lunges & 20 burpees	19  Walk, Run or Cycle for 45 minutes	20 <b>FAMILY FUN</b> Encourage other members of you house to join in with some fitness activities	21 Complete a YOUTUBE HIIT WORKOUT	22  Complete a 30 minutes Joe Wicks PE lesson	23 <b>CORE WORK</b> Sit ups or crunches 5 sets of 15 3 x 60 second planks
25  Walk, Run or Cycle for 60 minutes	26 <b>FAMILY FUN</b> Encourage other members of you house to join in with some fitness activities	27 <b>CORE WORK</b> Sit ups or crunches 5 sets of 20 3 x 60 second planks	28 <b>125 EXERCISES</b> 25 press ups, 25 squats, 25 star jumps, 25 lunges & 25 burpees	29 Complete a YOUTUBE HIIT WORKOUT	30  Complete a 30 minutes Joe Wicks PE lesson

### YouTube HIIT workouts

10 minute HIIT workout - <https://youtu.be/GLUTMWX09Kc>  
 15 minute HIIT workout - <https://youtu.be/1skBf6h2ksl>  
 20 minute HIIT workout - <https://youtu.be/owhvNm37Mv4>  
 25 minute HIIT workout - <https://youtu.be/Hr-p7TikhPI>  
 30 minute HITT workout - <https://youtu.be/ml6cT4AZdql>

**TOP TIP:**  
You can copy and  
paste the YouTube  
links for the HIIT  
workouts.

**TOP TIP:**  
Type "PE with Joe" into  
YouTube to find the  
PE lessons.

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**#PE #30daysofFitness**

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**The next set of slides contain illustrations and descriptions of how to complete the exercises and core work correctly and safely.**

WHERE INDIVIDUALS COUNT

# PRESS UPS

Option 1 – Full press ups



Option 2 – Knee press ups



## **KEY POINTS:**

- Keep your head facing forwards
  - Keep a straight back
- Bend your elbows and lower chest towards the floor
  - Push back up to the starting position

# SQUATS



## **KEY POINTS:**

- Stand shoulder width apart
  - Push your hips back
- Start to lower yourself as though you are sitting on a chair
  - Keep your head facing forward and stay upright
- Drive through your heels and stand back up and repeat

# STAR JUMPS



## **KEY POINTS:**

- Start by standing straight with your arms by your side
- Jump into the air, throwing your arms and legs into a star position.
- As you come back to the ground, return your hand and feet to the starting position.
  - Repeat these actions without resting between each repetition.

# LUNGES



## **KEY POINTS:**

- Stand shoulder width apart
- Step forward with one leg
- Bend your back leg 90 degrees
  - Keep your back straight
  - Keep your shoulders back
- Keep your head facing forwards

# BURPEES



## **KEY POINTS:**

- Squat down to the floor and kick your feet back
  - Bring your chest to the floor
  - Return to a squat position
  - Jump vertically up and repeat



# SIT-UPS



## **KEY POINTS:**

- Lie flat on your back with your knees bent at 90 degrees and feet flat on the floor
  - Place your hands by your head like the video shows
- Engage your core and lift your upper body towards your knees and return to the starting position.

# CRUNCHES



## **KEY POINTS:**

- Lie flat on the floor with your lower back pressed to the ground and knees bent.
- Raise your knees to about a 90-degree angle, lifting your feet from the floor.
- Using a bicycle pedal motion, bringing one knee up towards your opposite elbow
  - Use alternating legs and elbows each time

# PLANK



## **KEY POINTS:**

- Lay on your front and place your forearms and palms flat on the floor
- Lift your chest, stomach and legs off the floor and maintain your balance on your forearms and toes
  - Keep a straight, flat back