

## Year 11/12 Daily Exercise Challenge

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Exercise	Sit ups in 1 min	Squats in 1 min	Push ups in 1 min	How long can you plank?	Balance on one foot with your eyes closed
Results					
Exercise	How many squats can you do without stopping?	How many times can you clap while you throw a ball in the air?	Who can do the best Just Dance video?	Who can juggle? Give it a go	Do the warrior Yoga pose
Result					
Exercise	Who can do a handstand?	Make up a new exercise and show me	Should press with weights (use cans from the kitchen)	How many jumping jacks can you do in 1 min?	Lunges challenge (How fast can you do them)
Result					
Exercise	Balance on one foot with your eyes closed	How long can you plank?	Sit ups in 1 min	Squats in 1 min	Push ups in 1 min
Result					

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