

NO SCREEN FRIDAY

Presents

Crofton Academy's PE Total Warrior Challenge



ARE YOU THE CROFTON TOTAL WARRIOR?

The Challenge - To complete all 6 Total Warrior Challenges as quickly as you can.

1. Rostron's Shuttle Runs - Place 2 objects (eg cones) 5 meters apart. Run back and forth touching the objects. There and back (10m) counts as 2 shuttles.



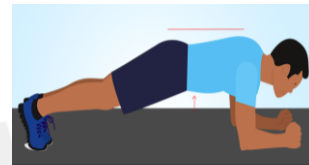
2. Cummins Core Sit Ups - Lie on your back on the floor & bend your knees, feet flat on the ground. Put your hands on the sides of or behind your neck. Bend your hips and waist to raise your body off the ground. Lower your body back to the starting position.



3. Roper's Speed Bounce - Keeping your feet together, jump sideways over a cone or towel and land on two feet. Jump back to your starting position. This counts as 2.



4. Pool's Plank - Adopt the press up position. Your body should make a straight line from your heels through to the top of your head. Draw your navel toward your spine and squeeze your glutes. Hold this position, head neutral and eyes down to the floor.



5. Miller's Mountain Climbers - Adopt the plank position and bring one knee forward. Take the knee back to the starting position and do the same with other knee. Continue in quick succession. This counts as 2.



6. Radcliffe's Star Jumps - The classic. Two feet together hands by your side. jump in the air and open your legs and stretch your arms out into a star position. Jump back to the starting position. That is one-star.



Do You Accept The Challenge?

Equipment:

- ✓ Shuttle run - 2 x any objects you can find
- ✓ Sit ups – a towel / gym mat if you have one
- ✓ Speed bounce - 1 x cone or a towel
- ✓ Plank – a towel / gym mat if you have one
- ✓ Mountain climbers – no equipment needed
- ✓ Star Jumps - no equipment needed

How to Score?

Screen shot / take a picture of the time it took you to complete all 6 activities in one go and email to enrichment@croftonacademy.org.uk. You can also send pictures or videos of you completing the activities.

The Total Warrior will be the boy & girl who can compete all of the above in the quickest time. No breaks between...the clock keeps running!

Challenge Reps

Year 7/8

25 x 5m Shuttle Run
25 x Sit Ups
25 x Speed Bounce
25 x Plank (seconds)
25 x Mountain Climbers
25 x Star Jumps

Year 9

30 x 5m Shuttle Run
30 x Sit Ups
30 x Speed Bounce
30 x Plank (seconds)
30 x Mountain Climbers
30 x Star Jumps

Year 10/11

40 x 5m Shuttle Run
40 x Sit Ups
40 x Speed Bounce
40 x Plank (seconds)
40 x Mountain Climbers
40 x Star Jumps

This is one challenge. The stopwatch ends after you have completed **ALL 6** challenges. Try and complete as quick as you can.



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WARRIOR?