

# PE HOME LEARNING CHALLENGE CARD

## Challenge 1: Design your own workout



### Brief

This first challenge is an opportunity for you to come up with your very own Joe Wicks style workout for you and your family to complete. Many of us have enjoyed taking part in Joe's PE sessions, so why not create one of your own! Don't forget to write/type it up and add pictures and colour so that your home learning can be shared. Check out the link if you need some inspiration <https://www.youtube.com/user/thebodycoach1>

### Rules

- ♦ Must include at least 5 different movements.
- ♦ Must include movements that most people will be able to do.
- ♦ Must follow interval training format (e.g. 30 secs exercise followed by 30 secs rest)
- ♦ Don't forget to warm up!

**Bronze - 5 different movements (3x each)  
for a 15 minute workout.**

**Silver - 10 different movements (2x each)  
for a 20 minute workout.**

**Gold - 20 different movements (1x each) for  
a 20 minute workout.**