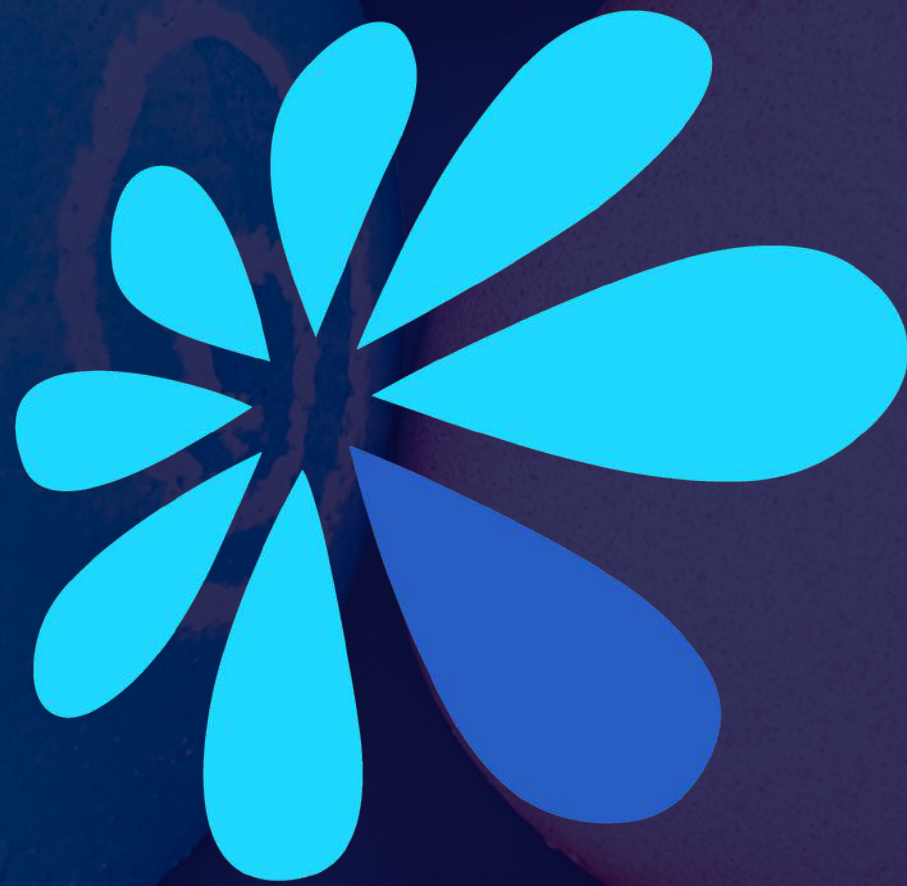


PE & SCHOOL SPORTS NETWORK

# EASTER

ACTIVITY PACK 2021



THE PE AND SCHOOL  
SPORTS NETWORK

PE & SCHOOL SPORTS NETWORK, TIMBER POND ROAD, ROTHERHTIHE, LONDON SE16 6AT

TEL: 020 7237 1928 EXT: 4086

[WWW.LPESSN.ORG.UK](http://WWW.LPESSN.ORG.UK)



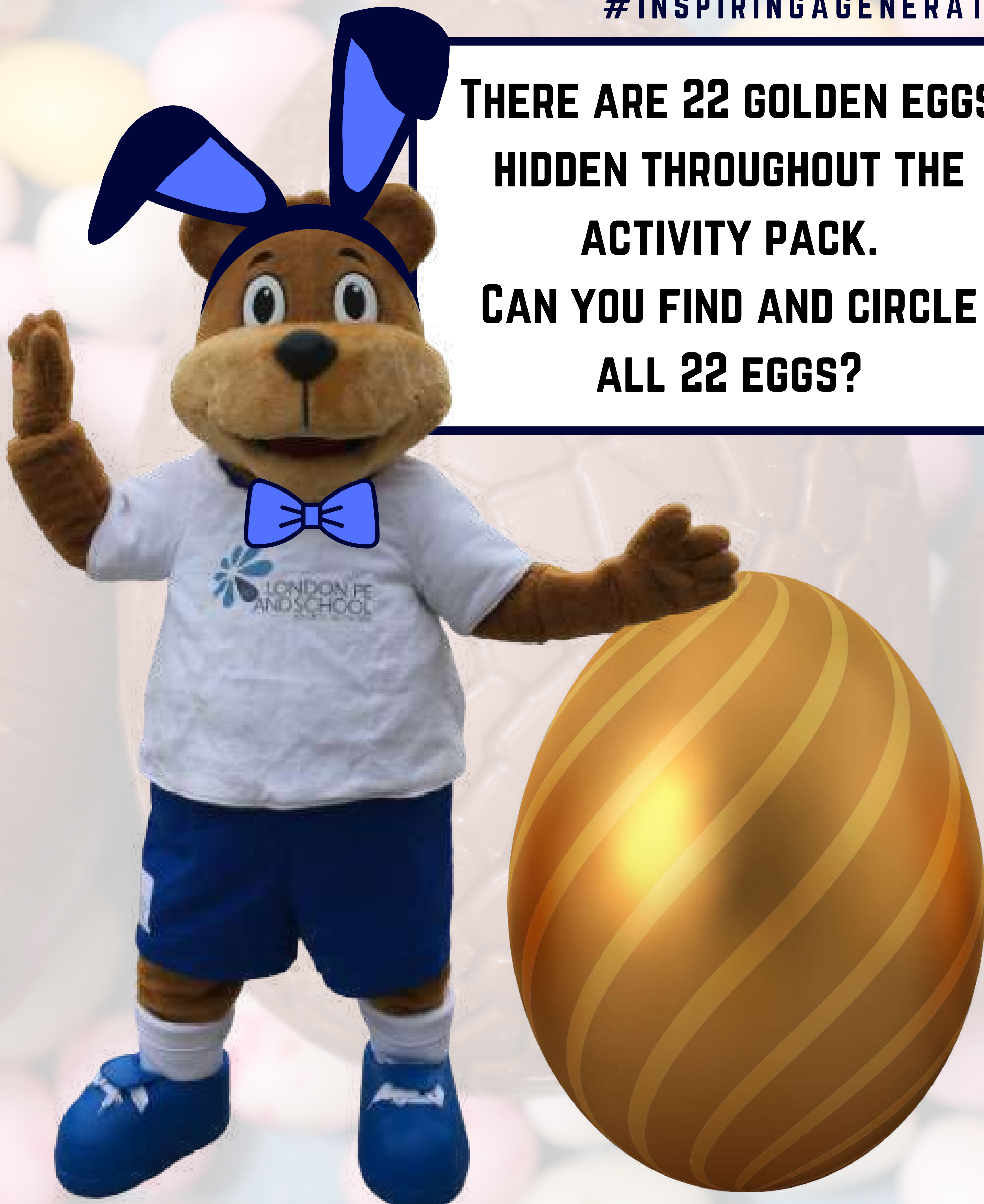
	PAGE/PAGES
• BRIO'S CHALLENGE	1
• MINDFULNESS & WELLBEING	2 - 8
• SENSORY ACTIVITIES	9
• CLASSIC FAMILY GAMES	10 - 13
• HEADS OR TAILS	14 - 16
• FITNESS ACTIVITIES	17 - 21
• HEALTHY RECIPES	22 - 25
• WEBSITE & YOUTUBE CHANNEL	26



# BRIO'S CHALLENGE

#INSPIRINGAGENERATION

**THERE ARE 22 GOLDEN EGGS  
HIDDEN THROUGHOUT THE  
ACTIVITY PACK.  
CAN YOU FIND AND CIRCLE  
ALL 22 EGGS?**



1



# The Name Game

GROUNDING YOURSELF BY INCREASING AWARENESS OF YOUR BODY AND ENVIRONMENT CAN BE A VERY POWERFUL TOOL.

- FIND A COMFORTABLE POSITION WITH A PEN & PAPER.
- CLOSE YOUR EYES & LISTEN CAREFULLY TO YOUR SURROUNDINGS, LIST 3 THINGS YOU CAN HEAR.
- OPEN YOUR EYES SLOWLY & OBSERVE YOUR ENVIRONMENT, LIST 2 THINGS YOU CAN SEE.
- PAY ATTENTION TO YOUR MIND & BODY, LIST 1 SENSATION YOU CAN FEEL.

#INSPIRINGAGENERATION

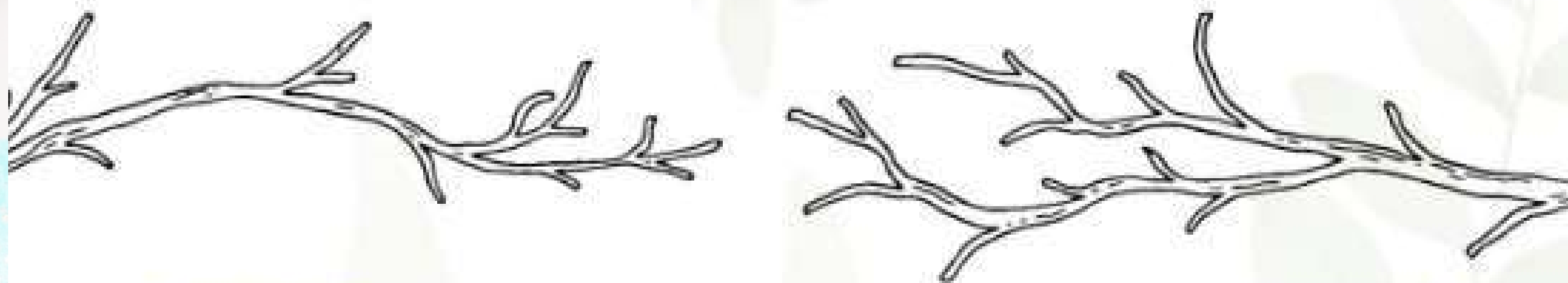
# Body Scan Meditation

- Lie on your back with your legs extended and arms at your sides, palms facing up.
- Focus your attention slowly and deliberately on each part of your body, in order, from toe to head or head to toe.
- Be aware of any sensations, emotions or thoughts associated with each part of your body.

#INSPIRINGAGENERATION

3

# MINDFUL TREES



- DRAW A LARGE PICTURE OF A BEAUTIFUL TREE WITH MANY BRANCHES.

- INSIDE EACH BRANCH, WRITE THE NAME OF SOMEBODY IMPORTANT IN YOUR LIFE. THIS COULD BE A FAMILY MEMBER, FRIEND OR EVEN A PET.

- DRAW SOME BIG LEAVES ON YOUR BRANCHES, INSIDE EACH LEAF THINK OF A WORD THAT REMINDS YOU OF YOUR SPECIAL PERSON.

- FILL YOUR TREE WITH AS MANY POSITIVE LEAVES AS POSSIBLE.

#INSPIRINGAGENERATION

4

# RAINBOW DOUGH

## WHAT YOU'LL NEED:

- 1.5 CUPS WARM WATER
- 4 CUPS PLAIN FLOUR
- 1 TBSP FOOD COLOURING
- LARGE MIXING BOWL
- LARGE MIXING SPOON

## INSPIRATION

- YOU CAN USE YOUR DOUGH FOR PIZZAS OR FLAT-BREADS!
- YOU CAN ROLL OUT YOUR DOUGH & USE DIFFERENT KITCHEN UTENSILS TO CREATE PATTERNS OR DRAWINGS!
- YOU CAN MAKE DIFFERENT SCULPTURES FROM YOUR DOUGH!

## METHOD:

- IN A LARGE MIXING BOWL POUR IN 4 CUPS OF FLOUR.
- MAKE A SMALL WELL IN THE MIDDLE OF YOUR FLOUR & POUR IN 1 CUP OF WARM WATER.
- ADD YOUR TABLE SPOON OF FOOD COLOURING TO YOUR WATER WELL AND STIR GENTLY UNTIL ALL INGREDIENTS ARE COMBINED.
- ADD MORE WATER IF NECESSARY.

#INSPIRINGAGENERATION

5

# WELLBEING BINGO

Have a go at playing our wellbeing bingo and see if you can find people to play with you or try it later with your friends and/or family.

In the past week I have...

<p>Sang in the shower</p> 	<p>Played with a furry friend</p> 	<p>Had a good sleep</p> 	<p>Spent some time with family/friends</p> 
<p>Listened to my favourite tune</p> 	<p>Read a good book</p> 	<p>Watched a great movie/TV show</p> 	<p>Eaten something delicious</p> 
<p>Done some exercise</p> 	<p>Stayed hydrated</p> 	<p>Drawn a picture</p> 	<p>Laughed until my cheeks hurt</p> 
<p>Spent some time in a park</p> 	<p>Danced</p> 	<p>Treated myself</p> 	<p>Visited someone new</p> 

#INSPIRINGAGENERATION

# 30 POSITIVE ACTIVITIES FOR CHILDREN

Stay positive during these tough times by choosing 1 activity to do each day!  
You can start anywhere and do them in any order.



<p><b>1</b> offer to help others at least 3 times today.</p>	<p><b>2</b> Write down at least 3 helpful ways to deal with your worries.</p>	<p><b>3</b> Draw your top 5 most beautiful things from nature.</p>	<p><b>4</b> Create a word-art of words to do with 'wellbeing'.</p>	<p><b>5</b> Create a collage called... <b>ME &amp; MY WORLD</b></p>
<p><b>6</b> Draw your Super-Hero self and give yourself 3 super-powers!</p>	<p><b>7</b> Do at least 30 minutes of physical activity of your choice.</p>	<p><b>8</b> Write down 5 helpful things you can say to yourself when you are faced with a problem.</p>	<p><b>9</b> Draw a picture of a scene from one of your favourite movies.</p>	<p><b>10</b> Create some new recipes for healthy snacks or smoothies.</p>
<p><b>11</b> Write an acrostic poem on kindness.</p>	<p><b>12</b> Draw a picture of a time when you were really proud of yourself.</p>	<p><b>13</b> Draw a picture of a well known London landmark.</p>	<p><b>14</b> Make a poster of your favourite quote or saying.</p>	<p><b>15</b> Write a happiness list of 10 things that make you feel happy.</p>
<p><b>16</b> Make a list of your top ten favourite funny clips from YouTube!</p>	<p><b>17</b> Write a list of 10 people who inspire you.</p>	<p><b>18</b> Create a mini-project on your favourite author, inventor, artist or sportsperson.</p>	<p><b>19</b> Give at least 5 compliments to people today.</p>	<p><b>20</b> Do at least 3 chores at home without being asked.</p>
<p><b>21</b> Draw a self-portrait called 'Being Me' and write all your best qualities around it.</p>	<p><b>22</b> Draw a picture of your favourite place.</p>	<p><b>23</b> Create a joke book with a collection of your favourite jokes.</p>	<p><b>24</b> Write down 3 good things that happened today.</p>	<p><b>25</b> Relax your body with a mindfulness video. <a href="http://www.lpessn.org.uk">www.lpessn.org.uk</a></p>
<p><b>26</b> Create a poster with an A-Z of things you are grateful for.</p>	<p><b>27</b> Make a thank-you card and send or give it to someone you'd like to thank.</p>	<p><b>28</b> Create a random acts of kindness bingo card with 9 items and do all of them today.</p>	<p><b>29</b> Create a Positivity Playlist of your 10 favourite feel-good songs.</p>	<p><b>30</b> Eat the rainbow! Eat healthy foods of each colour of the rainbow today.</p>

**OUR 6 WEEK MINDFULNESS AND WELLBEING PROJECT IS PERFECT FOR BOTH ADULTS AND CHILDREN.**



THE PE AND SCHOOL

# WELLBING PROJECT

**Our full 6 week mindfulness & wellbeing project can now be found on our YouTube channel**

**You can also find Coach Vida on Instagram @Vidacarmel**

**Week One: Welcome & Introduction**

**Week Two: Positive Thinking**

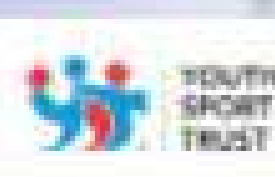
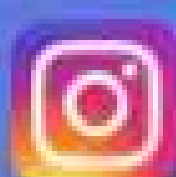
**Week Three: Positive State**

**Week Four: Calm State**

**Week Five: Building Resources**

**Week Six: Daily Practice**

# WITH COACH VIDA



**#INSPIRINGAGENERATION**

**8**

# SENSORY ACTIVITIES

SENSORY ACTIVITIES ENGAGE ALL YOUR CHILD'S SENSES WITH SENSORY ACTIVITIES! WHETHER IT'S PLAYING OUTSIDE IN THE MUD, MIXING SOME QUICK CLOUD DOUGH, OR SETTING UP ELABORATE SENSORY TUBS OR EVEN SENSORY TABLES, THERE ARE SO MANY WAYS FOR KIDS TO PLAY, EXPLORE AND ENJOY THEMSELVES WITH ALL THEIR SENSES.



**SENSORY ACTIVITY**

**NATURE FUN!**

**SOIL:**

- ADD DINOSAURS, BUGS, ANIMALS, GARDEN TOOLS, POTS ETC.

**TURF**

- ADD DINOSAURS, ANIMALS, TRACTORS, SMALL PEOPLE ETC.

**FEATHERS**

- LARGE AMOUNT OF CRAFT FEATHERS IN PADDLING POOL TO SIT IN.

**HAY/SNOW**

- SMELLS GREAT, CHILDREN CAN MAKE NESTS, FEED ANIMALS ETC.
- PROVIDE HAY BAIL TO PULL APART - GREAT FOR MOTOR SKILLS.

**SHELLS**

- A LARGE SELECTION PRESENTED ON BLUE MATERIAL, SHINY METAL TRAYS OR CHILD-SAFE MIRRORS.

[WWW.LPESSN.ORG.UK](http://WWW.LPESSN.ORG.UK)

**SENSORY ACTIVITY**

**PASTA**

**YOU NEED:**

- PASTA SHAPES/SPAGHETTI
- FOOD COLOURING
- WATER
- COOKING OIL

**TIP:**

- TRY DIFFERENT PASTA SHAPES AND USING INSTANT NOODLES FOR SPEED.

**METHOD:**

- COOK PASTA ACCORDING TO PACKET.
- ADD FOOD COLOURING TO WATER BEFORE COOKING AND PLENTY OF OIL TO PREVENT STICKING AND MAKE IT SLIMY.
- WHEN COOKED, RINSE WELL WITH HOT WATER.

[WWW.LPESSN.ORG.UK](http://WWW.LPESSN.ORG.UK)

**SENSORY ACTIVITY**

**LABORATORY**

**YOU NEED:**

- COOKING OIL
- VINEGAR
- BAKING POWDER
- BABY OIL
- SALT AND SUGAR
- CLOTHS
- SPOONS
- WATER
- KETCHUP
- CORNFLOUR
- FLOUR
- ICE
- FOOD COLOURING
- LOLLY STICKS
- PIPETTES
- PLASTIC POTS
- PLASTIC BOTTLES
- BICARBONATE OF SODA

USE THE MATERIALS TO CREATE A FUN LABORATORY AND ENCOURAGE MIXING AND EXPERIMENTING

[WWW.LPESSN.ORG.UK](http://WWW.LPESSN.ORG.UK)

**SENSORY ACTIVITY**

**SALT DOUGH**

**YOU NEED:**

- 4 CUPS SALT
- 1 CUP CORNFLOUR
- WATER

**METHOD**

- MIX SALT AND CORNFLOUR IN PAN.
- ADD ENOUGH WATER TO FORM A PASTE.
- COOK OVER A MEDIUM HEAT, STIRRING CONSTANTLY.


[WWW.LPESSN.ORG.UK](http://WWW.LPESSN.ORG.UK)

#INSPIRINGAGENERATION

# CLASSIC FAMILY GAMES


COME TOGETHER AS A FAMILY OR WITH FRIENDS TO PLAY ONE OF OUR CLASSIC GAMES WITH AN ACTIVE TWIST.






## THE PE AND SCHOOL SPORTS NETWORK


































# SPORTOPOLY FITNESS



### RULES

- Each player has a different object to use as a game piece during game.
- Roll the dice, move your piece and complete the task.
- First player to either collect 100 points or complete two different sets of colours wins.



 <p>Collect 5 points as you pass</p>	 <p>Perform 10 Push-ups</p>	 <p>15 second water break</p>	 <p>Hold a plank position for 30 seconds</p>	 <p>30 Seconds of Straddle Stretch</p>	 <p>Move forward 4 spaces</p>	 <p>Perform 15 squat jumps</p>	 <p>15 second water break</p>	 <p>Perform high knees for 30 seconds</p>	 <p>Hold a push up for 20 seconds</p>	
 <p>Perform 10 v-ups</p>	 <p>30 Seconds of Pike Stretch</p>	 <p>Perform shoulder touches for 30 seconds</p>	 <p>15 second water break</p>	 <p>Move forward 4 spaces</p>	 <p>Perform mountain climber for 30 seconds</p>	 <p>15 second water break</p>	 <p>Perform 10 side lunges</p>	 <p>Perform a wall sit for 30 seconds</p>	 <p>30 Seconds of Straddle Stretch</p>	 <p>Perform star jumps for 30 seconds</p>
 <p>SIN BIN! You are not working hard enough. Move straight to SIN BIN. DO NOT PASS GO!</p>	 <p>Perform 10 Burpees</p>	 <p>30 Seconds of Straddle Stretch</p>	 <p>Perform 10 Lunges</p>	 <p>Hold a push up hold for 20 seconds</p>	 <p>Move forward 4 spaces</p>	 <p>Jog on the spot for 30 seconds</p>	 <p>Perform 10 sit-ups</p>	 <p>15 second water break</p>	 <p>Perform 10 Burpees</p>	

#INSPIRINGAGENERATION



# HOW MANY GOLDEN EGGS HAVE YOU FOUND SO FAR?



<p>Collect 5 points as you pass</p>	<p>How many toilet rolls can you balance on your body</p>	<p>Throw an object into a target 10 times</p>	<p>Name 2 NBA teams that begin with the letter C</p>	<p>Move forward 4 spaces</p>	<p>Perform 40 squat jumps</p>	<p>Balance an object on your head for 30 seconds</p>	<p>Pass an object around your waist 25 times</p>		
<p>Perform a safe pencil roll</p>	<p>THE PE AND SCHOOL SPORTS NETWORK</p> <h1>SPORTOPOLY</h1>						<p>Name all 20 Premier League teams that begin with the letter T</p>	<p>Perform a 1 foot to 2 feet jump</p>	
<p>Perform 30 push ups</p>	<p>15 second water break</p>	<p><b>RULES</b></p> <ul style="list-style-type: none"> <li>Each player has a different object to use as a game piece during game.</li> <li>Roll the dice, move your piece and complete the task.</li> <li>First player to either collect 100 points or complete two different sets of colours wins.</li> </ul>						<p>Name all 20 Premier League teams in 30 seconds</p>	<p>Jump forwards and backwards over a pillow 30 times</p>
<p>15 second water break</p>	<p>Move forward 4 spaces</p>	<p><b>SPORTOPOLY</b></p>						<p>Keep a balloon in the air for 60 seconds</p>	
<p>Perform a safe forward roll</p>	<p>Move forward 4 spaces</p>	<p><b>SPORTOPOLY</b></p>						<p>Move forward 4 spaces</p>	
<p>15 second water break</p>	<p>Jump on the spot 50 times</p>	<p><b>SPORTOPOLY</b></p>						<p>Perform 3 different types of jumps</p>	
<p>15 second water break</p>	<p>Balance on 1 leg and close your eyes for 30 seconds</p>	<p><b>SPORTOPOLY</b></p>						<p>15 second water break</p>	<p>Perform a balance using 1 hand and 1 foot</p>
<p>SIN BIN! Move straight to SIN BIN. DO NOT PASS GO!</p>	<p>Name 2 male and 2 female tennis players in 40 seconds</p>	<p>Balance on 1 leg for 60 seconds</p>	<p>Perform 30 sit ups</p>	<p>Move forward 4 spaces</p>	<p>Jump side to side over a pillow 40 times</p>	<p>Perform a 2 feet to 1 foot jump</p>	<p>15 second water break</p>	<p>Create and perform a 2 minute dance routine</p>	

## CAN YOU CREATE YOUR OWN VERSION OF SPORTOPOLY?

# Active Alphabet

Can you spell out your full name and complete each task that is associated with each letter below.

Challenge yourself to think of different words to spell. Can you think of a 10 letter word?

**A** Balance on 1 leg for 10 seconds

**B** Perform 40 star jumps

**C** Jump side to side over a pillow 40 times

**D** Perform a 2 feet to 1 foot jump

**E** Create and perform a 2 minute dance routine

**F** Perform 30 sit ups

**G** Skip for 1 minute

**H** Perform a balance using 1 hand and 1 foot

**I** Perform 3 different types of jumps

**J** Keep a balloon in the air for 60 seconds

**K** Jump on the spot 50 times

**L** Perform a safe forward roll

**M** Can you perform a pike 3 different ways

**N** Perform a safe egg roll

**O** Hopscotch for 60 seconds

**P** Perform a tuck shape three different ways

**Q** Balance an object on your head for 30 seconds

**R** Balance on one leg and close your eyes for 20 seconds

**S** Perform a safe pencil roll

**T** Jumping side to side, how many jumps can you do in 30 seconds

**U** Complete 20 shuttle runs

**V** Draw and design a new type of ball in 20 seconds

**W** Balance in a plank position for 60 seconds

**X** Dribble a ball using either hands or feet

**Y** Throw an object into a target 10 times in a row

**Z** Think of your own 30 second challenge

#INSPIRINGAGENERATION

12



# WORKOUT

Working with a partner and a pack of UNO Cards. Take it in turns to turn over a card from the top of the pack.

The colour of the card will represent an action listed below. The number on the card represents how many you should perform.

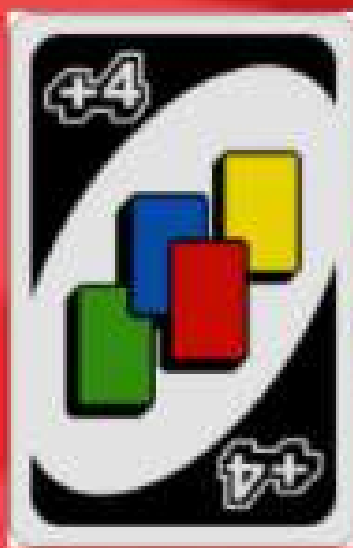
**Yellow Cards = Star Jumps**

**Red Cards = Press Ups**

**Blue Cards = Burpees**

**Green Cards = Sit Ups**

If you pick up any of the cards below...



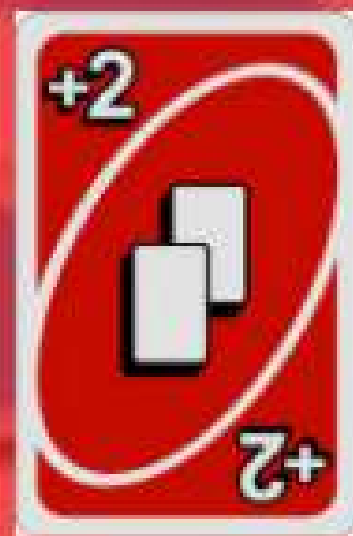
You must perform all 4 actions for 10 seconds each



You choose an action for your partner to perform for 10 seconds



Your partner performs the action related to the colour of the card for 10 seconds



You must perform 2 actions for 10 seconds each

#INSPIRINGAGENERATION

# HEADS OR TAILS



## FOOTBALL HEADS OR TAILS



**WORKING WITH A PARTNER.**

**CHOOSE A COIN TO FLIP AND SEE IF IT LANDS ON EITHER HEADS OR TAILS. CHOOSE THE ACTIVITY TO PERFORM BELOW DEPENDING ON WHAT SIDE THE COIN LANDS ON.**



	HEADS	TAILS
1ST TIME	5 KICK UPS (EITHER FOOT)	DRIBBLE BALL AROUND WORKING AREA
2ND TIME	10 TOE TAPS (BOTH FEET)	MAKE 10 PASSES WITH YOUR PARTNER
3RD TIME	20 STEPOVERS (BOTH FEET)	5 KICK UPS (EITHER FOOT)
4TH TIME	15 TOE TAPS (BOTH FEET)	15 STEPOVERS (LEFT FOOT ONLY)
5TH TIME	DRIBBLE BALL AROUND WORKING AREA	BALANCE A BALL ON YOUR THIGH FOR 5 SECONDS
6TH TIME	MAKE 10 PASSES WITH YOUR PARTNER	10 TOE TAPS (BOTH FEET)
7TH TIME	MAKE 5 PASSES WITH YOUR PARTNER (LEFT FOOT ONLY)	MAKE 5 PASSES WITH YOUR PARTNER (RIGHT FOOT ONLY)
8TH TIME	BALANCE A BALL ON YOUR THIGH FOR 5 SECONDS	20 STEPOVERS (BOTH FEET)
9TH TIME	15 STEPOVERS (RIGHT FOOT ONLY)	MAKE 10 PASSES WITH YOUR PARTNER
10TH TIME	MAKE 5 PASSES WITH YOUR PARTNER (RIGHT FOOT ONLY)	MAKE 5 PASSES WITH YOUR PARTNER (LEFT FOOT ONLY)

## MANCHESTER UNITED

#INSPIRINGAGENERATION

# TENNIS HEADS OR TAILS

**WORKING WITH A PARTNER.**  
**CHOOSE A COIN TO FLIP AND SEE IF IT LANDS ON EITHER HEADS OR TAILS. CHOOSE THE ACTIVITY TO PERFORM BELOW DEPENDING ON WHAT SIDE THE COIN LANDS ON.**



	HEADS	TAILS
1ST TIME	BALANCE A TENNIS BALL ON A RACKET FOR 20 SECONDS	HIT A TENNIS BALL UP AND DOWN ON A RACKET WHILE MOVING AROUND WORKING AREA (20 SECONDS)
2ND TIME	HIT A TENNIS BALL UP AND DOWN ON A RACKET 10 TIMES (NO BOUNCE)	PLAY 10 FOREHAND SHOTS WITH YOUR PARTNER
3RD TIME	HIT A TENNIS BALL UP AND DOWN ON A RACKET WHILE MOVING AROUND WORKING AREA (20 SECONDS)	BALANCE A TENNIS BALL ON A RACKET FOR 20 SECONDS
4TH TIME	PLAY 10 FOREHAND SHOTS WITH YOUR PARTNER	HIT A TENNIS BALL UP AND DOWN ON A RACKET 10 TIMES (NO BOUNCE)
5TH TIME	PLAY 10 BACKHAND SHOTS WITH YOUR PARTNER	HIT A TENNIS BALL BACK TO YOUR PARTNER FOR THEM TO CATCH IT 10 TIMES
6TH TIME	HIT A TENNIS BALL UP AND DOWN ON A RACKET 10 TIMES (ALLOW ONE BOUNCE)	PLAY 10 BACKHAND SHOTS WITH YOUR PARTNER
7TH TIME	HIT YOUR TENNIS BALL BACK TO YOUR PARTNER FOR THEM TO CATCH IT 10 TIMES	HIT A TENNIS BALL UP AND DOWN ON A RACKET 10 TIME (ALLOW ONE BOUNCE)

## ROGER FEDERER

#INSPIRINGAGENERATION

# BASKETBALL HEADS OR TAILS

Press Esc to exit full screen

WORKING WITH A PARTNER.

CHOOSE A COIN TO FLIP AND SEE IF IT LANDS ON EITHER HEADS OR TAILS. CHOOSE THE ACTIVITY TO PERFORM BELOW DEPENDING ON WHAT SIDE THE COIN LANDS ON.



	HEADS	TAILS
1ST TIME	BOUNCE YOUR BALL 10 TIMES USING LEFT HAND	BOUNCE YOUR BALL 10 TIMES USING RIGHT HAND
2ND TIME	BOUNCE YOUR BALL 10 TIMES USING RIGHT HAND	MAKE A FIGURE OF 8 AROUND YOUR LEGS FOR 10 SECONDS
3RD TIME	MAKE A FIGURE OF 8 AROUND YOUR LEGS FOR 10 SECONDS	DRIBBLE YOUR BALL AROUND WORKING AREA USING LEFT HAND ONLY
4TH TIME	MAKE 10 CHEST PASSES WITH YOUR PARTNER	THROW AND CATCH THE BALL IN THE AIR 20 TIMES
5TH TIME	MAKE 15 BOUNCE PASSES WITH YOUR PARTNER	DRIBBLE YOUR BALL AROUND THE WORKING AREA
6TH TIME	THROW AND CATCH THE BALL IN THE AIR 20 TIMES	BOUNCE YOUR BALL 20 TIMES USING BOTH HANDS
7TH TIME	DRIBBLE YOUR BALL AROUND THE WORKING AREA	MAKE 15 BOUNCE PASSES WITH YOUR PARTNER
8TH TIME	BOUNCE YOUR BALL 20 TIMES USING BOTH HANDS	MAKE 10 CHEST PASSES WITH YOUR PARTNER
9TH TIME	DRIBBLE YOUR BALL AROUND WORKING AREA USING LEFT HAND ONLY	DRIBBLE YOUR BALL AROUND WORKING AREA USING RIGHT HAND ONLY

## LOS ANGELES SPARKS

#INSPIRINGAGENERATION





## **SUPERMAN FLIP A COIN FITNESS**

*WORKING WITH A PARTNER OR ON YOUR OWN, CHOOSE A COIN TO FLIP AND SEE IF IT LANDS ON EITHER HEADS OR TAILS. CHOOSE THE WORKOUT BELOW DEPENDING ON WHAT SIDE THE COIN LANDS ON.*

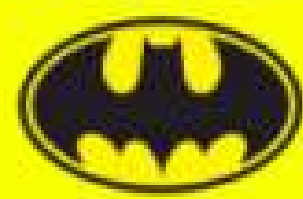


	<b>HEADS</b>	<b>TAILS</b>
<b>1ST TIME</b>	<b>20 SHADOW PUNCHES</b>	<b>20 SHADOW SKIPS</b>
<b>2ND TIME</b>	<b>15 POWER JUMPS</b>	<b>15 TUCK JUMPS</b>
<b>3RD TIME</b>	<b>15 ALTERNATE LUNGES</b>	<b>15 LUNGES</b>
<b>4TH TIME</b>	<b>25 MOUNTAIN CLIMBS</b>	<b>15 CRUNCHES</b>
<b>5TH TIME</b>	<b>30S HIGH KNEES</b>	<b>30S SPRINT ON SPOT</b>
<b>6TH TIME</b>	<b>30S PLANK</b>	<b>15 LEG RAISES ON BACK</b>
<b>7TH TIME</b>	<b>15 BURPEES</b>	<b>30 MOUNTAIN CLIMBS</b>
<b>8TH TIME</b>	<b>20 SIT-UP WITH PUNCH</b>	<b>20 SIT-UP WITH TWIST</b>
<b>9TH TIME</b>	<b>25 JUMPING JACKS</b>	<b>25 TUCK JUMPS</b>
<b>10TH TIME</b>	<b>25 DEEP SQUATS</b>	<b>20 SQUAT JUMPS</b>

**#INSPIRINGAGENERATION**



# BATGIRL FLIP A COIN FITNESS



**WORKING WITH A PARTNER OR ON YOUR OWN.  
CHOOSE A COIN TO FLIP AND SEE IF IT LANDS ON EITHER  
HEADS OR TAILS. CHOOSE THE WORKOUT BELOW  
DEPENDING ON WHAT SIDE THE COIN LANDS ON.**



## HEADS

## TAILS

**1ST TIME**

**20 SHADOW PUNCHES**

**20 SHADOW SKIPS**

**2ND TIME**

**15 POWER JUMPS**

**15 TUCK JUMPS**

**3RD TIME**

**15 ALTERNATE LUNGES**

**15 LUNGES**

**4TH TIME**

**25 MOUNTAIN CLIMBS**

**15 CRUNCHES**

**5TH TIME**

**30S HIGH KNEES**

**30S SPRINT ON SPOT**

**6TH TIME**

**30S PLANK**

**15 LEG RAISES ON BACK**

**7TH TIME**

**15 BURPEES**

**30 MOUNTAIN CLIMBS**

**8TH TIME**

**20 SIT-UP WITH PUNCH**

**20 SIT-UP WITH TWIST**

**9TH TIME**

**25 JUMPING JACKS**

**25 TUCK JUMPS**

**10TH TIME**

**25 DEEP SQUATS**

**20 SQUAT JUMPS**



**#INSPIRINGAGENERATION**

**18**



# FIVE A-SIDE FITNESS



Can you pick your ultimate 5 a-side football team?  
Pick your team and perform each activity related to each player in your team.

Rule: You must choose one player from each position and one legend.

## GOALKEEPERS



10 PRESS UPS



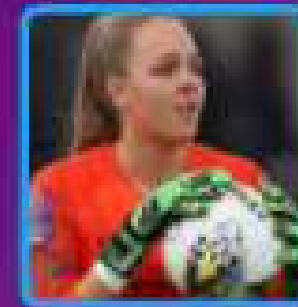
10 TUCK JUMPS



5 STAR JUMPS



10 BURPEES



60 HIGH KNEES

## DEFENDERS



10 SIDE BOUNCES



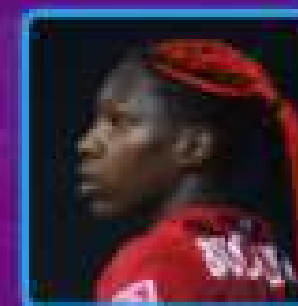
45 SIT UPS



60 HIGH KNEES



15 STAR JUMPS



10 PRESS UPS

## MIDFIELDERS



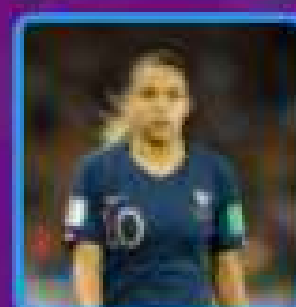
20 PRESS UPS



15 STAR JUMPS



20 SQUATS



20 SIDE BOUNCES



10 TUCK JUMPS

## STRIKERS



30 SQUATS



3 MINUTES RUNNING ON THE SPOT



30 STAR JUMPS



20 PRESS UPS

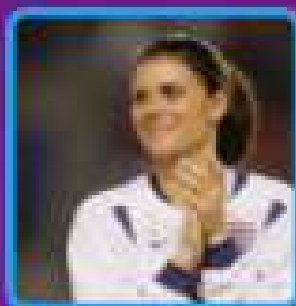


50 SIT UPS

## LEGENDS



40 STAR JUMPS



10 MINUTES SKIPPING



30 PRESS UPS



3 MINUTES RUNNING ON THE SPOT



40 SIDE BOUNCES

#INSPIRINGAGENERATION

# FLAG FOOTBALL FITNESS

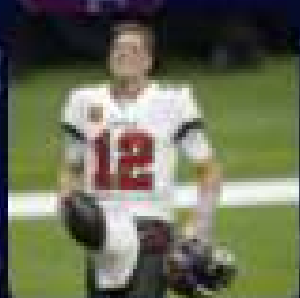
Can you pick your ultimate flag football team?  
Pick your team and perform each activity related to each player in your team.

Rule: You must choose one quarter back, one running back, four wide receivers and one NFL legend

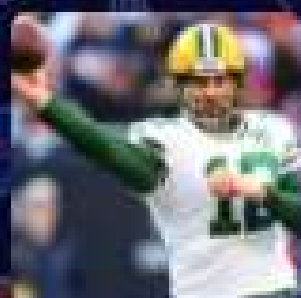
## QUARTER BACK



10 PRESS UPS



10 TUCK JUMPS



5 STAR JUMPS



10 BURPEES

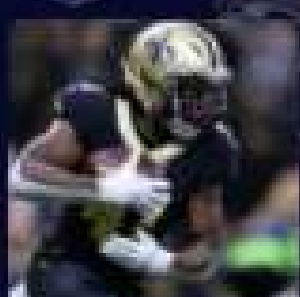


60 HIGH KNEES

## RUNNING BACK



10 SIDE BOUNCES



45 SIT UPS



60 HIGH KNEES



15 STAR JUMPS

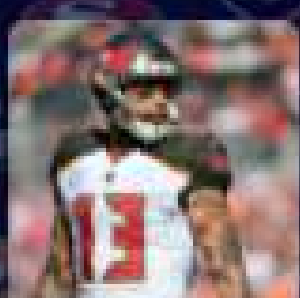


10 PRESS UPS

## WIDE RECEIVER (CHOOSE TWO)



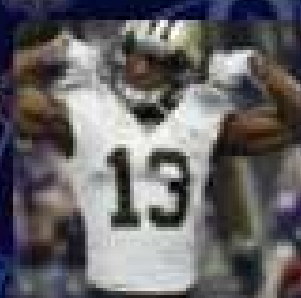
20 PRESS UPS



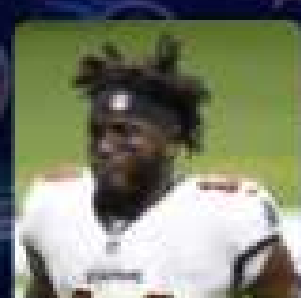
15 STAR JUMPS



20 SQUATS



20 SIDE BOUNCES



10 TUCK JUMPS

## WIDE RECEIVER (CHOOSE TWO)



30 SQUATS



3 MINUTES RUNNING ON THE SPOT



30 STAR JUMPS



20 PRESS UPS



50 SIT UPS

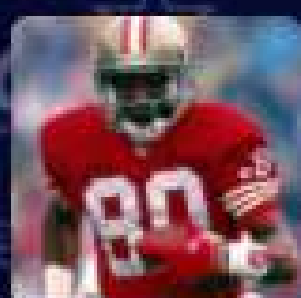
## NFL LEGEND



40 STAR JUMPS



10 MINUTES SKIPPING



30 PRESS UPS



3 MINUTES RUNNING ON THE SPOT



40 SIDE BOUNCES

#INSPIRINGAGENERATION

20

"Step in time, step in time, Come on mateys, step in time"

# KEEP YOUR STEPS UP!

Get up out of those chairs and keep your steps up. Can you complete your step target for each day?

Follow the targets below, day 1 = 3,000 steps

DAY 1 3,000 STEPS	DAY 2 6,000 STEPS	DAY 3 10,000 STEPS	DAY 4 15,000 STEPS	DAY 5 20,000 STEPS
DAY 6 25,000 STEPS	DAY 7 10,000 STEPS	DAY 8 15,000 STEPS	DAY 9 12,000 STEPS	DAY 10 25,000 STEPS
DAY 11 3,000 STEPS	DAY 12 30,000 STEPS	DAY 13 35,000 STEPS	DAY 14 10,000 STEPS	DAY 15 6,000 STEPS
DAY 16 15,000 STEPS	DAY 17 20,000 STEPS	DAY 18 6,000 STEPS	DAY 19 10,000 STEPS	DAY 20 15,000 STEPS
DAY 21 30,000 STEPS	DAY 22 3,000 STEPS	DAY 23 18,000 STEPS	DAY 24 3,000 STEPS	DAY 25 3,000 STEPS
DAY 26 3,000 STEPS	DAY 27 3,000 STEPS	DAY 28 3,000 STEPS	DAY 29 3,000 STEPS	DAY 30 3,000 STEPS

#INSPIRINGAGENERATION

21

## MUSHROOM & ORZO RISOTTO

### Ingredients:

- 1 ONION
- 2 GARLIC CLOVES
- DRIED CHILLI FLAKES
- 150G GREEN PEAS
- 100G BUTTON MUSHROOMS
- 200G ORZO PASTA
- 1-2 TBS RICOTTA OR CREME FRECHE
- 15G PARMESAN
- 500ML VEGETABLE STOCK
- SALT & PEPPER

### Method

- HEAT 2 TEASPOONS OF OIL IN A PAN & ADD THE CHOPPED ONION, GARLIC, MUSHROOMS AND CHILLI. COOK UNTIL SOFT AND GOLDEN.
- TIP IN THE ORZO PASTA AND STIR SO EVERYTHING IS COATED IN FRAGRANCE.
- ADD YOUR VEGETABLE STOCK, PEAS, SALT & PEPPER. SIMMER ON A LOW HEAT FOR 5-10MINS (UNTIL MOST OF THE STOCK HAS GONE).
- TURN OFF THE HEAT & MIX IN YOUR RICOTTA & PARMESAN.



# SILKY CHOCOLATE MOUSSE

## Ingredients:

- 250G DARK CHOCOLATE
- 350G FULL-FAT COCONUT MILK
- 1 TSP VANILLA
- 1/2 CUP MAPLE SYRUP
- 1 MEDIUM RIPE AVOCADO
- PINCH OF SALT

## Method

- MELT THE DARK CHOCOLATE WITH THE COCONUT MILK IN A GLASS BOWL, OVER A PAN OF BOILING WATER (LOW SIMMER) STIR UNTIL SMOOTH AND COMBINED.
- WHILST YOUR MIXTURE IS COOLING, CHOP THE AVOCADO INTO BITESIZE CHUNKS.
- ADD THE CHOCOLATE/MILK MIXTURE, AVOCADO CHUNKS, VANILLA, MAPLE SYRUP & A PINCH OF SALT TO A BLENDER AND PULSE UNTIL SILKY SMOOTH.
- DISTRIBUTE IN DISHES AND LEAVE TO COOL IN THE FRIDGE FOR AT LEAST 1 HOUR.



# FRUITY FLAPJACKS

## Ingredients:

- 100G BUTTER
- 100G HONEY
- 50G MIXED SEEDS
- 100G DRIED FRUITS OF CHOICE
- 250G PORRIDGE OATS
- 1 EGG
- CINNAMON

## Method

- MELT THE BUTTER AND HONEY IN A PAN OVER A LOW HEAT AND MIX UNTIL COMBINED.
- TAKE THE PAN OFF THE HEAT AND MIX IN THE OATS & SEEDS UNTIL WELL COMBINED.
- GENTLY STIR IN A PRE-WHISKED EGG.
- ADD YOUR DRIED FRUITS & CINNAMON & MIX WELL.
- PRESS YOUR MIXTURE INTO A DEEP-DISH BAKING TRAY OR CERAMIC DISH.
- BAKE AT 180C FOR 18-25MINS UNTIL GOLDEN BROWN.



## TORTILLA PIZZA

### Ingredients:

- TORTILLA WRAPS
- GARLIC
- OLIVE OIL
- BABY TOMATOES
- RICOTTA CHEESE
- TOPPINGS OF CHOICE
- ROCKET LEAFS

### Method

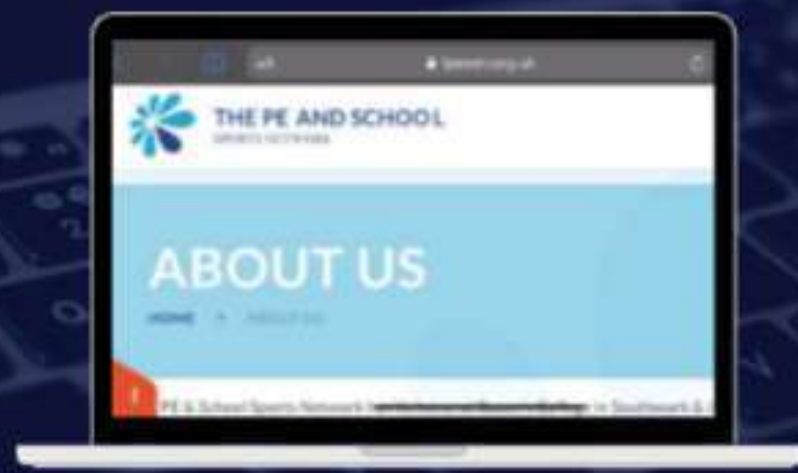
- VERY LIGHTLY BRUSH A TORTILLA WRAP WITH OLIVE OIL AND SET TO ONE SIDE.
- BLEND TOGETHER A HANDFUL OF TOMATOES, 1/4 GARLIC CLOVE & 1 TEASPOON OF OLIVE OIL.
- SPREAD YOUR TOMATO PASTE ON YOUR TORTILLA.
- ADD A FEW GENEROUS DOLLOPS OF RICOTTA.
- ADD YOUR TOPPINGS OF CHOICE.
- BAKE ON A TRAY AT 180C FOR 7-15MINS.
- GARNISH WITH ROCKET LEAFS.

# WEBSITE & YOUTUBE CHANNEL



# PE & SCHOOL SPORTS NETWORK

Checkout our website for all of the latest news and updates from the PE Network.



[WWW.LPEASN.ORG.UK](http://www.lpeasn.org.uk)

PLEASE CONTACT JOE HOWARD ([joe@lpeasn.org.uk](mailto:joe@lpeasn.org.uk)) FOR MORE INFORMATION

# PE & SCHOOL SPORTS NETWORK YOUTUBE CHANNEL

CHECK OUT OUR YOUTUBE CHANNEL WHERE YOU CAN FIND OVER 150 DIFFERENT VIDEOS INCLUDING SEND & INCLUSION, WHOLE CLASS ACTIVITIES, VIRTUAL CHALLENGES AND OUR NEW YOGA & RECIPES.

SCAN THE QR CODE OPPOSITE FOR EASY ACCESS OR HEAD TO THE YOUTUBE WEBSITE



## #INSPIRINGAGENERATION



## #INSPIRINGAGENERATION



**IF YOU WOULD LIKE MORE INFORMATION ON ALL OF  
THE AMAZING WORK THAT THE NETWORK HAS TO  
OFFER PLEASE CONTACT  
WILSON FRIMONG (WILSON@LPSSN.ORG.UK) OR  
GLYN DAVIES (GLYN@LPSSN.ORG.UK)**

**YOU CAN ALSO FIND US ON OUR WEBSITE  
(WWW.LPSSN.ORG.UK) AND ACROSS SOCIAL MEDIA  
(@LPSSN)**

**STAY SAFE & STAY HEALTHY**

**PE & SCHOOL SPORTS NETWORK**



**THE PE AND SCHOOL**  
SPORTS NETWORK

**#INSPIRINGAGENERATION**