

# Weekly Challenge

This week we are looking for you to work on your strength by doing some press ups. We would like you to put in 5 minutes worth of practise every day as well as a timed 30 second press up challenge at the end. There are some pictures below to show you what a press up looks like.

Important things to know:

- You start in a plank position.
- You must keep your back straight.
- You need to bend your elbows to lower your body to the ground.
- Your body shouldn't touch the ground, use your strength to push yourself back up into the plank position.
- If you find press ups too difficult, you may do them on your knees or against the wall instead of in the plank position.



Name:

School:

Year:

Record your results below and send the below results to the following email with a chance to win a prize when we return to school!

[Pchadwick@vale-academy.org](mailto:Pchadwick@vale-academy.org)

Day	Press ups in 30 seconds
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Thanks everyone. Stay safe and keep doing PE!

Mr Chadwick and Mrs Lawton