

# Weekly Challenge

This week we are looking for you to work on your core strength by doing some sit 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 step up looks like.

Important things to know:

- Lay down on your back, with your knees bent and your feet flat to the floor. (Use a mat or a soft floor)
- Put your arms across your body, or by the side of your head. (Do not pull on your neck)
- Using your tummy muscles and keeping your feet on the ground, sit yourself up.
- Then in a controlled manner, slowly lower yourself back down to a lying position.
  - Repeat.
  - The movement should be slow and controlled.
- If you struggle, get someone to hold your feet to start with – it helps!



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	Sit ups in 30 seconds
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Thanks everyone. Stay safe and keep doing PE!

Mr Chadwick and Mrs Lawton