

# Queen Elizabeth's Phone Number Fitness Challenge

## Physical Education

0



1



2



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7



8



9



CALLING...

0 = The Plank (One Minute)

1 = Step Ups (One Minute)

2 = Sit Ups (One Minute)

3 = Squats (x20)

4 = Burpees (30 Seconds)

5 = Kneeling Push Ups (One Minute)

6 = Speed Bounce (One Minute)

7 = 25 Star Jumps

8 = Tuck Jumps (x10)

9 = High Knee Jogging on the Spot (One Minute)



PE Task 1: Use the numbers from your phone number (or your parents, brothers/sisters phone numbers) to create your own fitness routine this week.

Complete the session on two separate days this week. You should aim to perform two full circuits of your routine during each session.

PE Task 2: Taking part in exercise and sport can help to strengthen the 9 Core Values celebrated here at QEA. Here some examples of how this happens in PE. Can you add your own example of a time when you have demonstrated each value when being physically active?

### QEA Example

### Your Example

#### **Empathy**

In Sport we consider the thoughts and needs of those around us by adapting the rules and using special equipment to make games accessible to everyone.

For example, we have played wheelchair Basketball to understand and empathise with people with Physical disabilities.

When have you witnessed Empathy in PE?

#### **Togetherness**

In Sport we consider our actions and behaviour when the result doesn't go our way. We learn to win gracefully and to lose with dignity.

We congratulate our opponents and demonstrate good sportsmanship during competitive matches.

We don't blame our team mates if they make a mistake. We win together, we lose together!

When have you witnessed Togetherness in PE?

#### **Knowledge and Wisdom**

Our students love to learn in PE. They know all about how the body becomes fitter and the types of Fitness needed in many different sports.

Our students could tell you which type of sports person would benefit from completing the Phone Number Fitness Challenge and give examples why.

Can you think of a sportsperson that would benefit from taking part in your Phone Number Challenge? Why do you think this?