



## THE RULES

- ★ Write down 4 exercise stations e.g. Burpees, Squats, High Knees and Sit Ups
- ★ 1 Set = 20 repetitions (reps) of each exercise; 20 x Burpees, 20 x Squats, 20 x High Knees and 20 x Sits Ups
- ★ Aim to complete 3 Sets of 20 reps

## EQUIPMENT

- ★ Pen & Paper

## INCLUSION & DIFFERENTIATION

Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

### SOME IDEAS...

#### EASIER

- ★ Reduce no. of repetitions per set
- ★ Reduce no. of sets
- ★ Reduce no. of exercises
- ★ Create 4 easier fitness exercises

#### HARDER

- ★ Increase no. of repetitions per set
- ★ Increase no. of sets
- ★ Increase no. of exercises
- ★ Create 4 more challenging exercises

**1 SET = 20 REPETITIONS OF EACH EXERCISE**

**HOW MANY SETS CAN YOU COMPLETE?**

## SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>



## THE RULES

- ★ Write down 4 exercise stations—one for each suit in a pack of playing cards e.g. Clubs = Burpees, Diamonds = Squats, Hearts = High Knees and Spades = Sit Ups
- ★ Place the cards face down. Flip over 1 card at a time and complete the exercise
- ★ The no. of reps depends on the value of the card

## EQUIPMENT

- ★ Paper & Pen
- ★ Pack of Playing Cards

## INCLUSION & DIFFERENTIATION

Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

### SOME IDEAS...

#### EASIER

- ★ Reduce no. of cards in a pack
- ★ Remove Picture Cards and Aces
- ★ Create 4 easier fitness exercises

#### HARDER

- ★ Increase no. of reps per card i.e. Picture Card = 15 reps & Ace = 20 reps
- ★ Remove lower value cards
- ★ Create more challenging fitness exercises

**NUMBER CARDS = 2-10 REPS**  
**PICTURE CARDS = 12 REPS**  
**ACE = 15 REPS**

**HOW MANY CARDS DID YOU FLIP?**

## SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



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## THE RULES

- ★ Write down 4 exercise stations—one for each suit in a pack of playing cards e.g. Clubs = Burpees, Diamonds = Squats, Hearts = High Knees and Spades = Sit Ups
- ★ Place the cards face down. Cut the Deck and complete the exercise that you have cut
- ★ Replace the cards to the top and Cut the Deck again

## EQUIPMENT

- ★ Paper & Pen
- ★ Pack of Playing Cards

## INCLUSION & DIFFERENTIATION

Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

### SOME IDEAS...

#### EASIER

- ★ Remove Picture Cards and Aces
- ★ Create 4 easier fitness exercises
- ★ Set yourself an exercise time period

#### HARDER

- ★ Increase no. of reps per card i.e. Picture Card = 15 reps & Ace = 20 reps
- ★ Remove lower value cards
- ★ Create more challenging fitness exercises

NUMBER CARDS = 2-10 REPS

PICTURE CARDS = 12 REPS

ACE = 15 REPS

## HOW MANY TIMES CAN YOU CUT THE DECK?

### SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



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NAME

CIRCUIT  
CHALLENGE

FLIP TO BE FIT

CUT THE DECK



DON'T FORGET TO LOG ALL YOUR SCORES TO EARN VIRTUAL SCHOOL GAMES POINTS FOR YOUR SCHOOL BY 5.00PM ON SUNDAY 14<sup>TH</sup> FEBRUARY 2021

[www.northamptonshiresport.org/virtual-school-games-challenges](https://www.northamptonshiresport.org/virtual-school-games-challenges)