



Week 4:

Activity:

60 second challenges: Mountain climbers/The Plank

Complete the following movements and see how many you can complete in 60 seconds:

Be sure to write down your results so we can add them to our leaderboard!

60 Second Challenge Climb the Mountain	60 Second Challenge The Plank
 <p>Can you keep going even when you are tired?</p>	 <p>Can you focus and show self belief even though it is hard?</p>
<p>The Physical Challenge</p> <p>How many mountain climbers can you complete in 60 seconds? Make it harder by performing a press up after you bring both legs up.</p> <p>#StayHomeStayActive</p>	<p>The Physical Challenge</p> <p>Can you hold the 'plank' position for 60 seconds? Make sure you keep your bottom down and back straight. Keep your forearms on the floor.</p> <p>#StayHomeStayActive</p>
<p>Equipment</p> <p>Just yourself and enough space on the floor!</p> <p>Why not compete against a family member?</p>	<p>Equipment</p> <p>Just yourself and enough space on the floor!</p> <p>Who can hold the plank position longest in your family?</p>
<p>Achieve Gold </p> <p>40 Mountain Climbers</p>	<p>Achieve Gold </p> <p>60 seconds or more</p>
<p>Achieve Silver </p> <p>30 Mountain Climbers</p>	<p>Achieve Silver </p> <p>45 seconds or more</p>
<p>Achieve Bronze </p> <p>20 Mountain Climbers</p>	<p>Achieve Bronze </p> <p>30 seconds or more</p>

How to log your results:

Send an email from a parent/guardian's email address to us on physicaleducation@nobel.herts.sch.uk with screenshots of any distances you complete and any videos or photos of you completing the challenges – we'd love to see them!

We are currently in the process of creating a Nobel PE Instagram account (@nobelpe), so if your parents/guardians wish to give permission via email, we can share student achievements over the summer holidays. **Parents/guardians – please make sure this is clearly stated in the email that you give consent.**