

ABINGDON PREP. WEEKLY CHALLENGES

Week 1

Day	January	Activity
MILLION MONDAY	18th	This week's challenge is to walk/jog/run 1 mile. With a parent or guardian, walk, jog or run 1 mile. YOU MUST BE ACCOMPANIED BY AN ADULT TO COMPLETE THIS ACTIVITY.
TEAMWORK TUESDAY	19th	Press Ups with a sibling or a parent/guardian. Using a mat or on your carpet, complete full or supported knee press ups: <ul style="list-style-type: none">• 15 secs work then 15 secs rest whilst your partner completes it.• 30 secs work then 30 secs rest whilst your partner completes it.• 45 secs work then 45 secs rest whilst your partner completes it. • Repeat 3 times throughout the day.
WELLBEING WEDNESDAY	20th	Yoga Day! Yoga is a great way to move and stretch your body carefully after sitting down learning. There are lots of great kids yoga videos on youtube. I have chosen our favourite two for you to have a go at today in your lunch or after school. <ul style="list-style-type: none">• Yoga for 7-10 year olds – Jamie from Cosmic Kids Yoga. Jamie uses stories and imagination to guide you through yoga exercises to clear your mind.• Yoga for 11-13 year olds – Sophia from Maa Yoga Studio. Sophie demonstrates yoga positions with the help of two children.
BALL SKILLS THURSDAY	21st	Juggling Using 3 small balls see how long you can juggle for! You could use juggling balls, tennis balls, socks rolled up or even toilet rolls! If you can't juggle – follow an easy tutorial here . We would love to see your attempts at juggling! Send me your pictures or videos! (sport@abingdonprep.org.uk)
FITNESS FRIDAY	22nd	High Intensity Circuit <ul style="list-style-type: none">• 20 squats• 10 press ups (full or supported knee)• 10 walking lunges on each leg (20 in total)• Plank 30 seconds (or count 30 elephants if you don't have a stopwatch)• 30 star jumps• Rest 1 minute, have a drink then repeat 2x (or more if you are feeling energetic!)
SELF-CARE SATURDAY	23rd	Make your favourite breakfast Fuelling your body with nutritious and tasty food is key to keeping your body healthy and your brain activity. Make your favourite breakfast this morning, with permission and maybe help from your parents! Could it be pancakes, a smoothie or even a bacon sandwich! Whilst eating your breakfast, think about the great work you have done this week! Send me a picture of your attempts! (sport@abingdonprep.org.uk)

**SLEEPY
SUNDAY**

24th



Make sure you do a light warm up before completing each daily activity, we don't want any injuries. If you are unsure what an exercise is, pop it into google to see a demonstration. Don't worry if you can't do an activity, just do as much or as little as you can and want to! Most importantly HAVE FUN!