

BERKSHIRE VIRTUAL SCHOOL GAMES

Week Six – Enduro Challenge – KS1, 2 & 3 Challenges

There will be 1 Race for you to practice and **SEND IN YOUR BEST TIMES** to your teacher.

KS1- Years 1 & 2- KS1 Race KS2- Years 3,4,5 & 6- KS2 Race KS3- Years 7,8 & 9- KS3 Race

KS1 RACE – ENDURO CHALLENGE

What you will need?

Stopwatch – if not a Phone or watch or Tablet (iPad).

Markers x 2 – If not Tins, Cans, Plastic Bottles or Socks.

Helper – someone to help you with the order of the race or board to write down tasks.

KS1 RACE CHALLENGES

Complete 10 x Star Jumps		
Travel 2 x 5 metres Crabwalk (moving Sideways)		
Complete 10 x Hops on 1-leg		
Travel 2 x 5 metres Walking backwards		
Complete 10 x Sumo Squats		
Travel 2 x 5 metres Sprints		

- Practise each of the 6 elements first
- Complete the above challenges one after the other as a race.
- Record the time it takes to complete all 6 tasks as quickly as possible.
- Attempt the race 3 times and submit your best time.

IF I NEED SUPPORT...

- Reduce the number repetitions for each exercise.
- Record the time it takes to complete each task individually, resting before completing the rest and add up your times.

IF I NEED A CHALLENGE...

- Use more challenging exercises from KS2 & 3 Races (e.g. change hopping for caterpillars).
- Increase the number of repetitions for each exercise.

KS2 RACE – ENDURO CHALLENGE

What you will need?

Stopwatch – if not a Phone or watch or Tablet (iPad).

Markers x 2 – If not Tins, Cans, Plastic Bottles or Socks.

Helper – someone to help you with the order of the race or board to write down tasks.

KS2 RACE CHALLENGES

Complete 10 x Sumo Squats



Travel 2 x 5 metres Bear Walks



Complete 10 x Caterpillars



Travel 2 x 5 metres Sprints



Complete 10 x Burpees



Travel 2 x 5 metres Plank walk



- Practise each of the 6 elements first
- Complete the above challenges one after the other as a race.
- Record the time it takes to complete all 6 tasks as quickly as possible.
- Attempt the race 3 times and submit your best time.

IF I NEED SUPPORT...

- Reduce the number repetitions for each exercise.
- Record the time it takes to complete each task individually, resting before completing the rest and add up your times.

IF I NEED A CHALLENGE...

- Use more challenging exercises from KS3 Races (e.g. change Squats for Mountain Climbers).
- Increase the number of repetitions for each exercise.

KS2 RACE – ENDURO CHALLENGE

What you will need?

Stopwatch – if not a Phone or watch or Tablet (iPad).

Markers x 2 – If not Tins, Cans, Plastic Bottles or Socks.

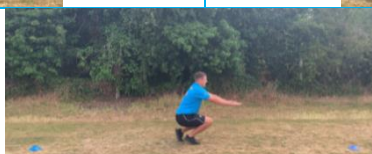
Helper – someone to help you with the order of the race or board to write down tasks.

KS2 RACE CHALLENGES

Complete 10 x Caterpillars



Travel 2 x 5 metres Bear Walks



Complete 10 x Plank Shoulder Taps



Travel 2 x 5 metres Planks walks



Complete 10 x Mountain Climbers



Travel 2 x 5 metres Sprints



- Practise each of the 6 elements first
- Complete the above challenges one after the other as a race.
- Record the time it takes to complete all 6 tasks as quickly as possible.
- Attempt the race 3 times and submit your best time.

IF I NEED SUPPORT...

- Use simplified tasks from KS1 & 2 Races (change burpees for hopping).
- Record the time it takes to complete each task individually, resting before completing the rest and add up your times.

IF I NEED A CHALLENGE...

- Increase the number of repetitions for each exercise.
- Add additional exercises into your race to challenge endurance (8 exercises instead of 6).

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for the
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