

**HAMPSHIRE SCHOOL GAMES**

**SECONDARY PERSONAL BEST CHALLENGE**

**‘3 MIN SHUTTLE RUN’**





**Name**: **Year Group**:



**School: How many shuttles in 3 minutes?**

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| **Activity** | **Description** | **Number of Reps/ length of time** |
| Warm Up/ Pulse Raiser | Get your pulse up to 130 beats per minute by Jogging, Dancing, Skipping, Hopping | 4 – 5 minutes |
| Stretch/Mobilise | Full body stretch- go up on tip toes and reach arms as high as possible. Relax and repeat.  Twist to left and right x 5 each side  Gently swing left leg forwards and backwards x 5.  Gently swing right leg forwards and back x 5.  Circle arms forwards x 5 then backwards x 5 | 2 minutes |
| CARDIO-VASCULAR EXERCISE:  Choose an exercise to get your heart rate up and the blood pumping eg High knees on the spot, skipping |  | 20–30 seconds |
| LEG EXERCISE:  Choose an exercise to work the legs eg. Lunges, squats, step ups |  | 20 repetitions (10 each leg) |
| CORE EXERCISE:  Choose an exercise to work your stomach/core muscles eg Sit Ups, Plank, Russian Twists |  | 20 repetitions |
| CARDIO-VASCULAR EXERCISE:  Choose an exercise to get your heart rate up and the blood pumping eg High knees on the spot, skipping |  | 20-30 seconds |
| ARM EXERCISE:  Choose an exercise to work your arms eg. Press ups | . | 20 repetitions |
| CORE EXERCISE:  Eg V Sit | . | Hold for 20 seconds |
| REPEAT | Repeat the 6 activities above 4 times | 18 - 20 minutes |
| CHALLENGE | **3 MINUTE RUN: CREATE A SHUTTLE RUN IN THE SPACE YOU HAVE AVAILABLE, PREFERABLY AT LEAST 10m LONG. HOW MANY SHUTTLES CAN YOU DO IN 3 MINUTES? RECORD YOUR SCORE AS YOU WILL NEED IT FOR FRIDAY’S CHALLENGE.** | |

Challenges should be done between 9am and 3pm – send through your results daily to earn a point for your school.

You can take a picture or email the result to jenniferlknight9@gmail.com