

**A message to ALL Y6 students...**

**Do you have  
what it takes to  
BEAT THE TEACHER?**

\*\*\*Please ensure you complete a full body warm-up up before taking on any of these challenges.



## Beat the Teacher

<b>Staff</b>	Miss Percival (RPL)
<b>Activity</b>	Mountain climbers
<b>Description</b>	In a press-up position, bring one knee towards your chest, then return it to the starting position. Repeat the movement with your other leg, then continue alternating legs throughout.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	67



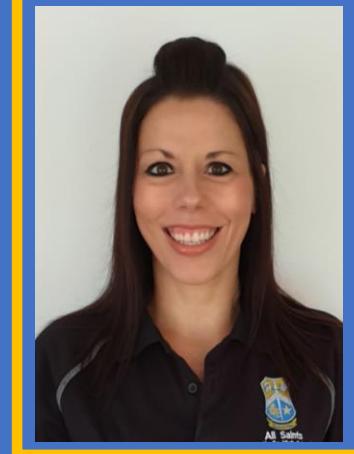
## Beat the Teacher

<b>Staff</b>	Mrs Kirby (KBY)
<b>Activity</b>	Step Ups
<b>Description</b>	Using the bottom step of your stairs, or door step, or kerb etc. Start with your strongest leg, step up so you have two feet on the step and then down again. That counts as 1.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	37



## Beat the Teacher

<b>Staff</b>	Mrs Gillies (GS)
<b>Activity</b>	Squats
<b>Description</b>	Feet shoulder width apart and your arms stretched out straight in front of you. Bend your knees to 90 degrees. Keep heels down and back straight. Then back up to standing.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	52



## Beat the Teacher

<b>Staff</b>	Miss Ashcroft (AT)
<b>Activity</b>	Star Jumps
<b>Description</b>	Start by standing with arms by your side then jump out to into a star position and back in again. Each time you return to the middle counts as 1.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	51



## Beat the Teacher

<b>Staff</b>	Miss Bradshaw (BW)
<b>Activity</b>	Throw Catch
<b>Description</b>	You must throw a ball above your head height, clap once and catch the ball again in front of your chest. If you don't have a ball you could use a pair of socks or a toilet roll.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	67



## Beat the Teacher

<b>Staff</b>	Mr Young (YG)
<b>Activity</b>	Leg Raisers
<b>Description</b>	Lay flat on your back with arms out by your side. Keeping your legs straight throughout, lift your legs to 90 degrees then return them to the floor. Up and down counts as 1.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	23



## Beat the Teacher

<b>Staff</b>	Mr Shaw (SHW)
<b>Activity</b>	Ski Jumps
<b>Description</b>	Jump either side of a line/thin object on the floor. Keep your feet together and jump from side to side making sure you lift your feet each time. Each jump counts as 1.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	82



## Beat the Teacher

<b>Staff</b>	Mr Needham (NM)
<b>Activity</b>	Burpees
<b>Description</b>	Feet shoulder width apart, jump down onto the floor with legs out behind you and chest touching the floor. Jump back up to your feet again and jump up into the air.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	17



## Beat the Teacher

<b>Staff</b>	Mr Armstrong (AG)
<b>Activity</b>	Shuttle Runs
<b>Description</b>	Mark out a distance of 20 meters on your garden or field. Start the timer and set off running, making sure you reach the marker each time. Each 20 meter shuttle counts as 1.
<b>Time allowed</b>	60 seconds
<b>Score to beat</b>	10.5



## Beat the Teacher

<b>Staff</b>	Mir Morgan (MGN)
<b>Activity</b>	Walking planks
<b>Description</b>	From a press up position, you need to go down from wrists to your elbows by doing 1 arm at a time. Then go back up to wrists – again one at a time. A complete circuit counts as 1.
<b>Time allowed</b>	30 seconds
<b>Score to beat</b>	29