

# P.E

(Kindly borrowed from William Farr P.E Department)





‘Travel the World Fitness Challenge’

# The Rules:

Having been inspired by the BBC Race across the World Series, it is time for 5 day getaway from the safety of your very own home!

Your task is to travel the world by completing a range of fitness challenges.

On each stage of your journey there are a maximum of 3 globes  to collect. The harder you challenge yourself, the further you travel, the more globes you collect!

Each day there is an option to win an additional globe  by attempting the bonus challenge. We love to see video evidence of these!

It would be great to attempt all 5 challenges  
(remember, it is important to stay regularly active!).

Good luck

# Day 1: Nettleham



# WEMBLEY STADIUM

Nettleham	1 minute plank
Lincoln Cathedral	15 press ups
North Hykeham	20 jumping lunges
Swinderby	40 star jumps
Newark on Trent	1 minute wall sit
Nottingham Forest Football Club	30 sit ups
Loughborough University	15 sit ups
Leicester (National Space Centre)	1 minute high knees
Forest East Services	1 Globe awarded (1 minute rest)
Northampton Rugby Team	25 burpees
Milton Keynes	1 minute running on the spot
Luton	10 tuck jumps
Farley Green Services	Stop here for 2 globes (1 minute rest)
Watford (Harry Potter Studios)	1 minute 30 seconds Shadow Boxing
Edgware	30 second wall sit
Brent Cross	10 burpees
Wembley Park	30 star jumps
Wembley Stadium	30 seconds sprint
Congratulations!!!	3 globes awarded

## England Workout:

You first journey is from the Nettleham to Wembley Stadium. You can stop at any point, however the rest of the journey is up to you to complete. At each stop on the way you must perform the relevant exercise for the journey to continue.

- Stop at Forest East Services for 1 globe
- Stop at Farley Green Services for 2 globes
- Make it to Wembley for 3 globes!

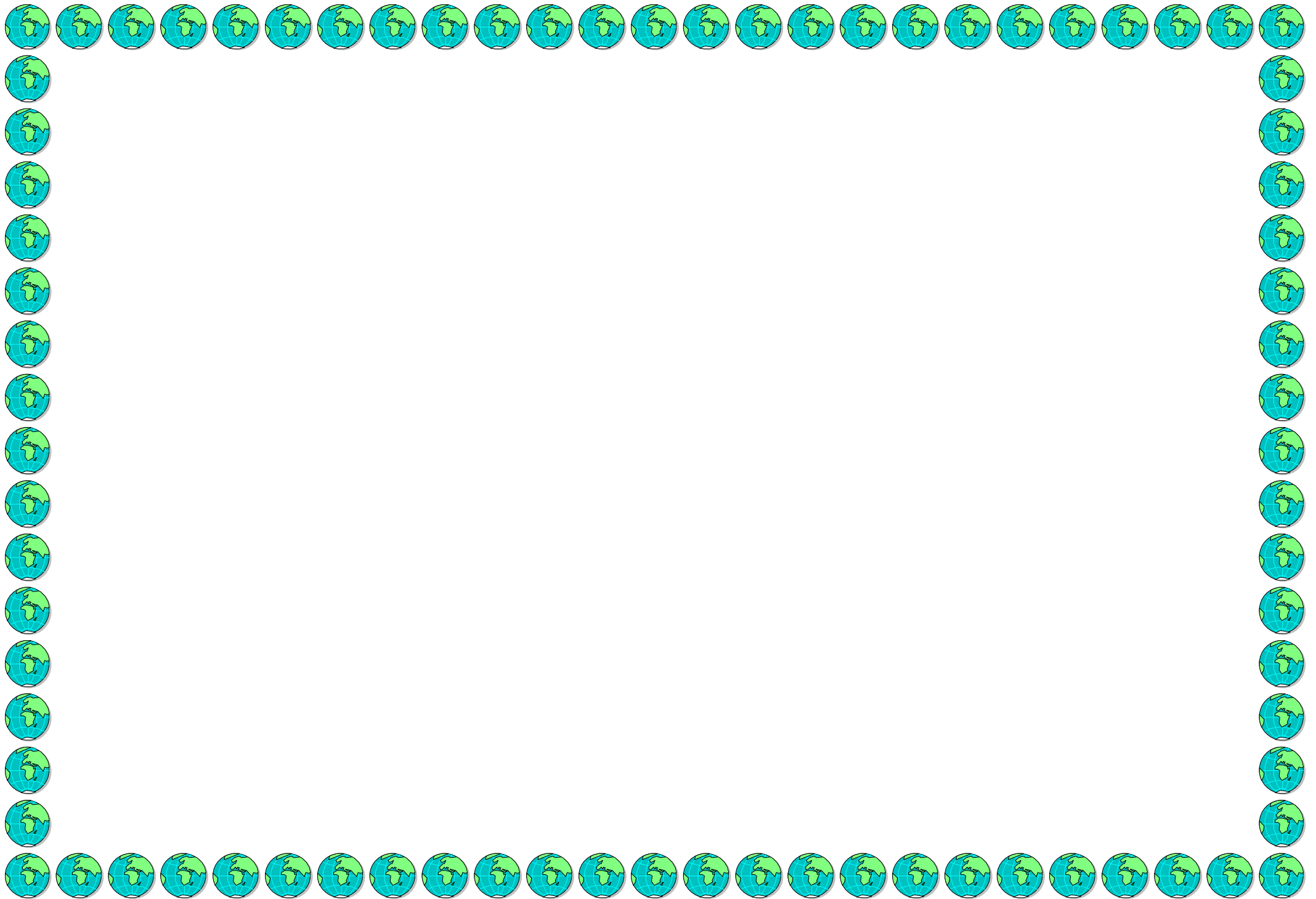
30 second rest between stations unless stated!

Good Luck

#DoorsClosing

#MindTheGap

Globes Achieved.....





## Day 2: WEMBLEY STADIUM

PARIS



### 3 GLOBES ACHIEVED!



Exercise 20	Sit ups
Exercise 19	Mountain climbers
Exercise 18	Jumping lunges
Exercise 17	Squats
Exercise 16	Plank
Exercise 15	Burpees

### STOP HERE FOR 2 GLOBES



Exercise 14	Wall sit
Exercise 13	Sit ups
Exercise 12	Mountain climbers
Exercise 11	Jumping lunges
Exercise 10	Squats
Exercise 9	High Knees
Exercise 8	Burpees

### STOP HERE FOR 1 GLOBE



Exercise 7	Wall sit
Exercise 6	Star jumps
Exercise 5	Step-ups on to chair
Exercise 4	Jumping lunges
Exercise 3	Running on the spot
Exercise 2	High knees
Exercise 1	Mountain climbers

### Eiffel Tower Workout

You have arrived at the Eiffel tower and have been challenged to climb as high as possible.

In order to do so you must start working through the 20 exercises from the bottom, working your way up. The more exercises you do, the higher you go!

Each exercise must be performed for 30 seconds with 30 seconds rest between exercises.

Good luck!

Exercises completed:

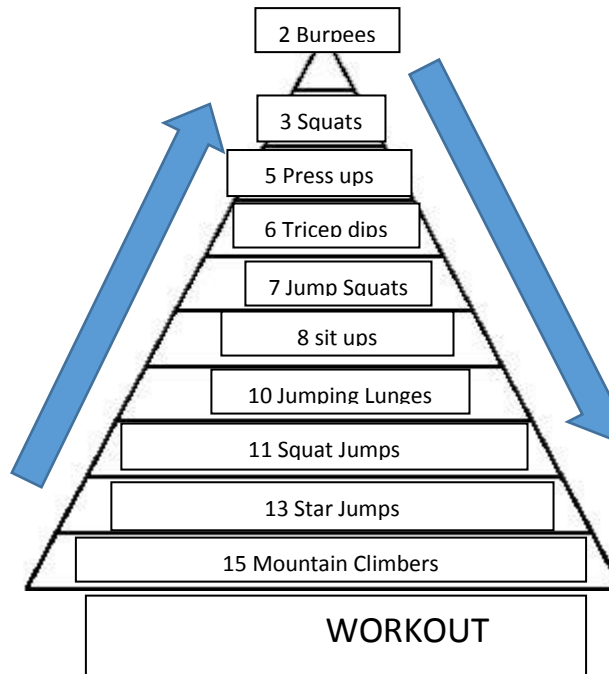
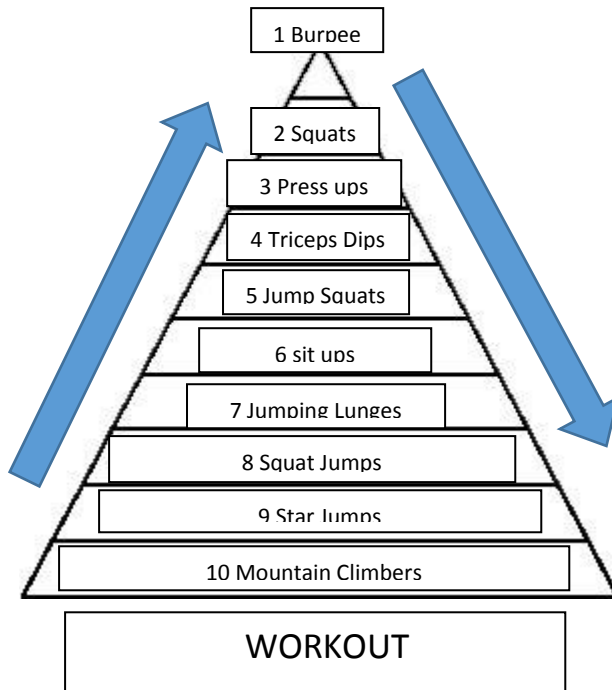
Globes Collected:



Day 3: PARIS



CAIRO

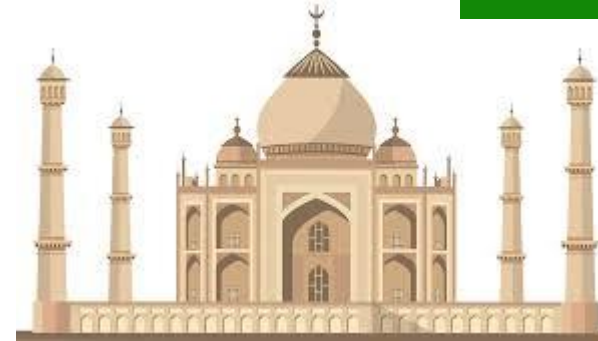


**Pyramid Workout:** You have made it to the Pyramids of Giza in Cairo. Your task is to choose ONE of the three pyramids and complete the relevant workout. You must ascend and descend the pyramid meaning you will do each exercise twice. This means you will start off doing “Mountain Climbers” working yourself up to “Burpees”, then work back down from “Burpees” to “Mountain Climbers”. Time yourself and see how long it takes you to complete the pyramid of your choice! The more globes below each pyramid, the more challenging it is! Good luck!

Time taken to complete pyramid:

Globes achieved:

## Day 4: CAIRO → AGRA, INDIA



<u>Link to workout</u>	<u>Globes awarded</u>
<a href="https://www.youtube.com/watch?v=KUmKKPcf71Q">https://www.youtube.com/watch?v=KUmKKPcf71Q</a>	
<a href="https://www.youtube.com/watch?v=P5M6AF_3lcl">https://www.youtube.com/watch?v=P5M6AF_3lcl</a>	 
<a href="https://www.youtube.com/watch?v=xGhLLKGtxUQ">https://www.youtube.com/watch?v=xGhLLKGtxUQ</a>	  

## Day 5: AGRA, INDIA

**Taj Mahal/ Bollywood workout:** You have arrived at the Taj Mahal, India. So to embrace the culture, your task is to complete one of the Bollywood Dance videos by copying the link.

As always, the more challenging the workout. The more globes achieved!

Globes achieved:

# Day 5 - CHINA



## Great Wall of China Workout:

You have arrived at the Great Wall of China and have a massive 13,000 miles to travel!

Luckily for you, we have simplified things slightly. The following distances equate to the amount of miles covered on the Great Wall of China.

3km run/walk (5,000 miles of the Great Wall of China)

5km run/walk (7,000 miles of the Great Wall of China)

8km run/walk (13,000 miles of the Great Wall of China)

## Please Consider

- Only go outside to complete distance if it is deemed safe and appropriate to do so by parent/carer (**get your parents/carers to go with you!**)
- Remember to keep your distance from others
- The new government guidelines state you musn't be exercising outside for any longer than 60 minutes.

## Globes Achieved:

**\*If this challenge is not appropriate for you, remember there are plenty of great workouts on YouTube to choose instead!**