

MEADOWHEAD VIRTUAL SPORTS WEEK- 6th -10th July

- Take part in the 10 challenges below. Record your score. The videos of how to do each challenge can be seen on the Meadowhead website/IG/Twitter. All the challenges are x30 seconds.
- Send in this results sheet by FRIDAY 10th July at the latest via class charts.
- Remember- If you 'Beat the Teacher' in a challenge this earns you bonus points but you MUST send in video evidence to hfwb@meadowhead.sheffield.sch.uk



Challenge	Technique	Your Score	Teachers Score
Burpees in x30 secs	Make sure your chest hits the floor and you jump up		20
Sit ups in x 30 secs	Make sure your shoulders touch the floor each time		31
Tea bag in mug x 30 secs	Make sure your distance is correct!		4
Book balance x 30 secs	No holding the book with your hands!		1
Mountain climbers x 30 secs	Bring your knees right up to your chest!		69
Quick Step! x 30 secs	Make sure you follow the correct pattern!		15
Keep ups- toilet roll x 30 secs	Count from where it drops!		35
Shoulder taps x 30 secs	Try and keep your body still whilst tapping!		61
Star jumps x 30 secs	Make sure your arms are out straight for each jump!		44
Squats x 30 secs	Make sure you bend your knees, keep your back straight!		32