



20 / 21 FITNESS CHALLENGE

It's a New Year but we are back in Lockdown 3.0, so the PE team are challenging you to do **20 DAYS** of exercise for at least **21 MINUTES A DAY** #2021, its simple:

CHOOSE YOUR EXERCISE (This could be Running, Cycling, Yoga, Walking, Fitness some ideas on the reverse)

CHOOSE YOUR LOCATION (This can be inside or outside however remain safe)

PARTICIPATE FOR AT LEAST 21 MINUTES each day (This can be done in split parts if you want too)

RECORD Your Daily Exercises—Colour in the day number if you have successfully completed the exercise time

CREATIVE We will also put some ideas for daily exercise on Twitter too to help you.

START Monday 11th January try to exercise as much as you can!

On your journey share your efforts (photos / video clips) with us and lets see how active we can be?

Email: sport@chesswood.w-sussex.sch.uk



@CHESSWOODSCHOOL #STAYACTIVE #20/21

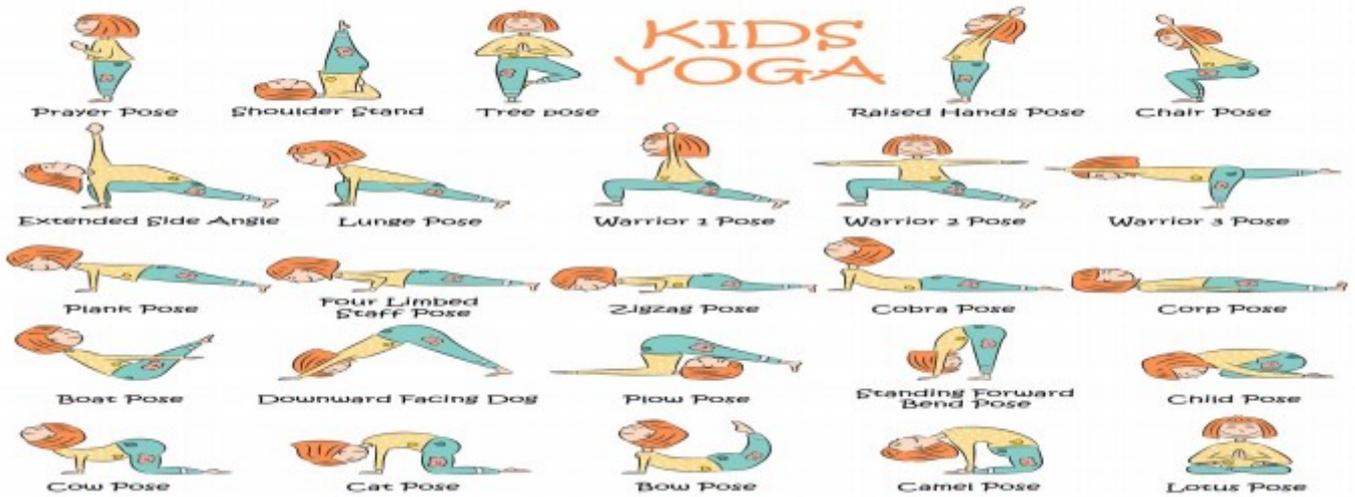
DAY	EXERCISE	HOW MANY MINUTES TODAY	OVERALL TOTAL SO FAR	DAY	EXERCISE	HOW MANY MINUTES TODAY	OVERALL TOTAL SO FAR
1				11			
2				12			
3				13			
4				14			
5				15			
6				16			
7				17			
8				18			
9				19			
10				20			

OVERALL TOTAL MINUTES EXERCISED:

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20 / 21 CHALLENGE : EXAMPLES

YOGA



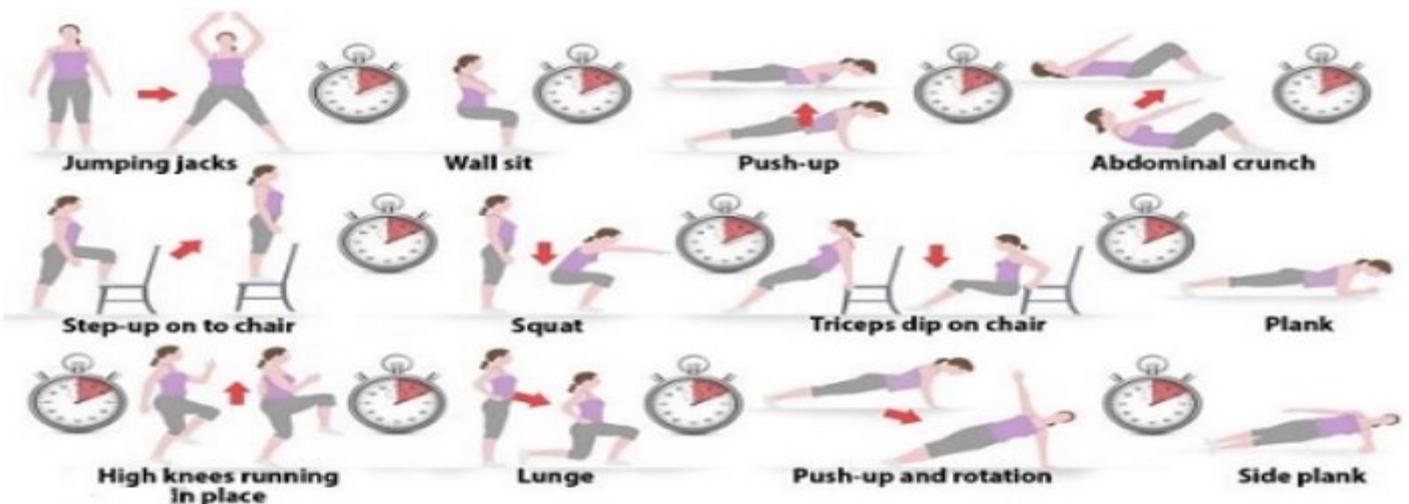
WALKING

CYCLING

RUNNING

JOE WICKS—MON/WED/FRI 9am

CIRCUIT TRAINING



SKIPPING

Wii Sports

Gymnastics at home

DANCE WORKOUTS