

### Your Task

A trip to Nando's with a difference!

Your task is to complete the exercises of all 10 wings in the #WingRoulette Challenge. Most wings have two exercises; you must complete both!

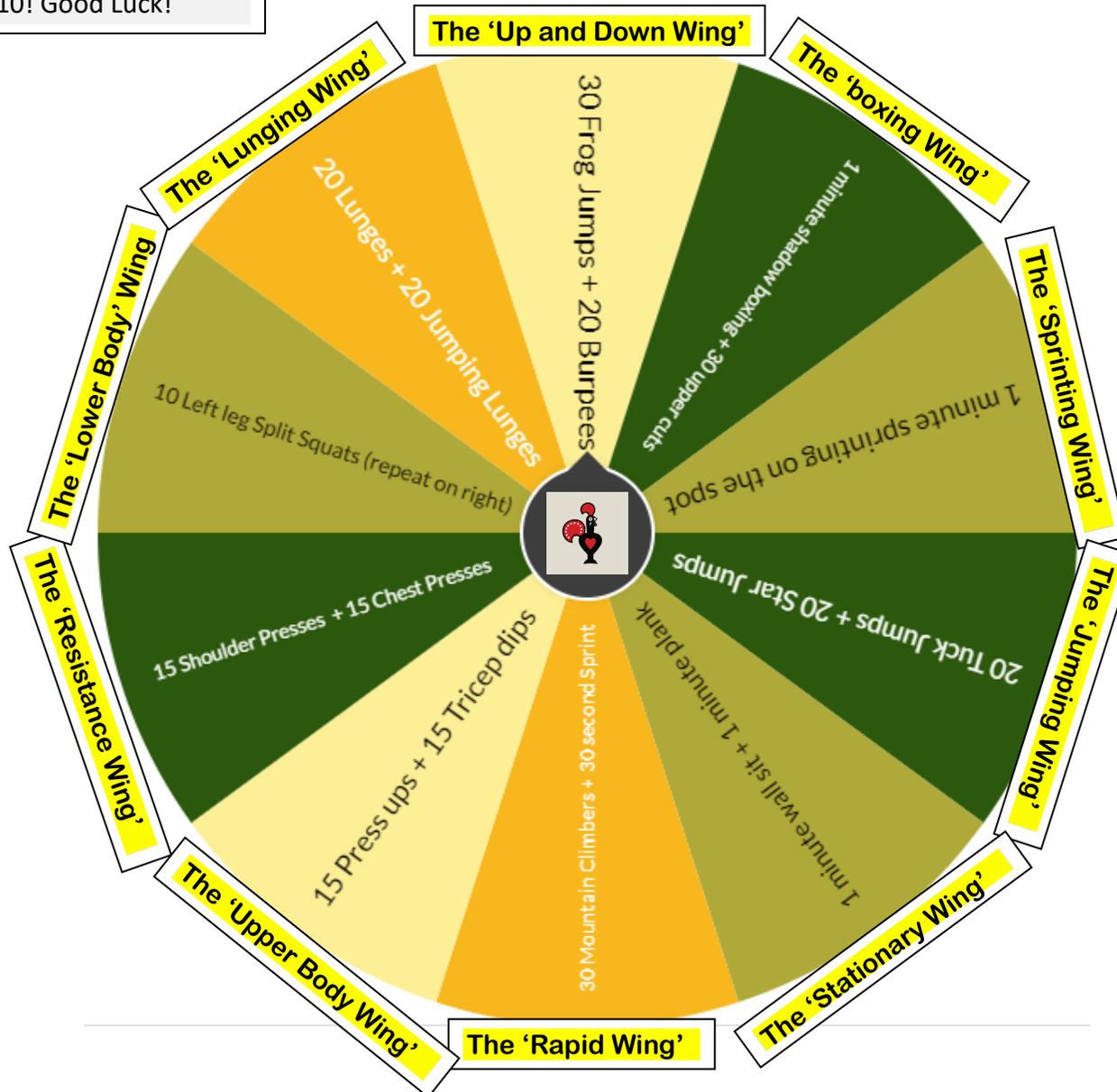
You can complete the wings in any order you wish but you must aim to attempt all 10! Good Luck!



### 1 Apple Workout!



Complete all 10 wings!



### 2 Apple Workout!

Back for seconds?



Complete all 10 wings+ choose 3 wings to complete again!

### 3 Apple Workout!

Still hungry for more exercise?

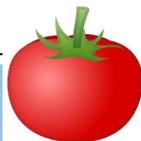


Complete all 10 wings+ choose 6 wings to complete again!

Your Task: Work your way through this mammoth menu by completing as many repetitions of each item on the menu as you can. There are 8 to complete. Keep count of how many repetitions you do on each exercise to work out how many apples you have collected at the end. Take as much rest as you need during and between exercises! Good luck!

# The “All You Can COMPLEAT” Workout

## Tomato Tricep Dips



How many tricep dips (off a chair or step) can you complete in 90 seconds?

- 15+ 1 point
- 25+ 2 points
- 40+ 3 points

## Salad Star Jumps

How many star jumps can you complete in 90 seconds?

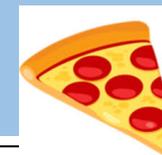
- 20+ 1 point
- 60+ 2 points
- 90+ 3 points



## Pizza Press Ups

How many press ups can you complete in 90 seconds?

- 10+ 1 point
- 30+ 2 points
- 45+ 3 points



## Chicken Leg Lunges

How many jumping lunges can you complete in 90 seconds?

- 10+ 1 point
- 25+ 2 points
- 45+ 3 points



## Steak Sit Ups

How many sit ups can you complete in 90 seconds?

- 20+ 1 point
- 35+ 2 points
- 50+ 3 points



## French Fries Frog Jumps

How many Frog jumps can you complete in 90 seconds?

- 20+ 1 point
- 35+ 2 points
- 50+ 3 points



## Sushi Squats

How many squats can you throw in 90 seconds?

- 20+ 1 point
- 30+ 2 points
- 50+ 3 points



## Watermelon Wall Sit

How long can you hold a wall sit for?

- 20 seconds+ 1 point
- 45 seconds+ 2 points
- 75 seconds+ 3 points



**Apples awarded:** Tally up your points for each of the 8 workouts to find out how many apples you have collected!

- 8-12 points... 1 apple
- 13-18 points... 2 apples
- 19-24 points... 3 apples



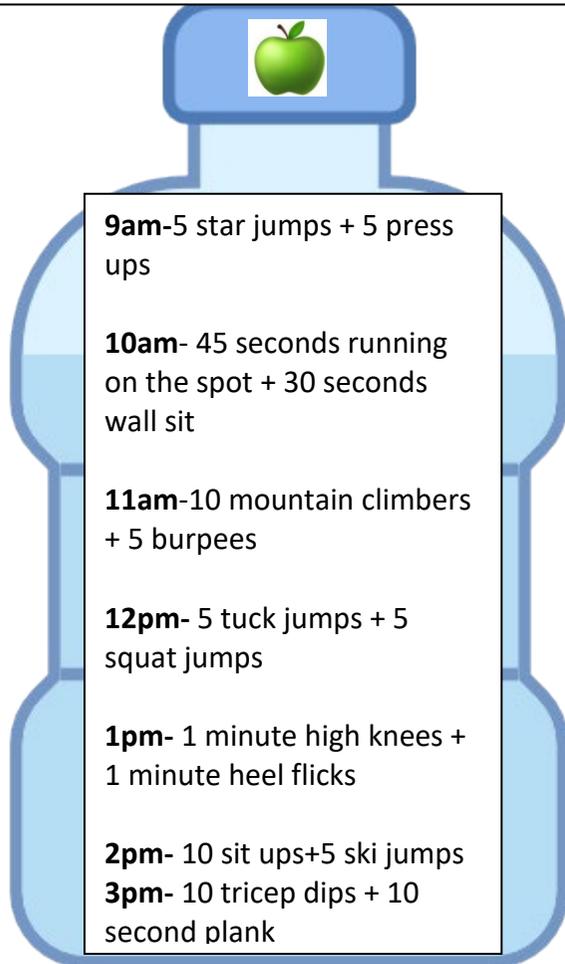
Your Score \_\_\_\_\_

# The Water Bottle Workout



**Did you know?** Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance. Many people get dehydrated by not drinking enough fluid.

Pick one of the three water bottles to work though. Try and sticks to the timings of the exercises on the bottle to achieve a day of intermittent high intensity activity! As always, the more apples on the bottle, the more challenging the workout.



**9am**-5 star jumps + 5 press ups

**10am**- 45 seconds running on the spot + 30 seconds wall sit

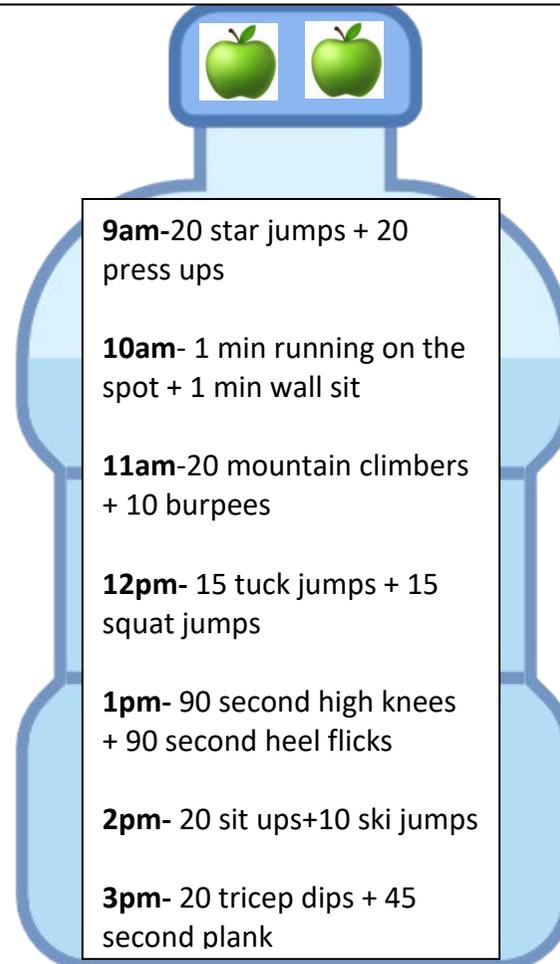
**11am**-10 mountain climbers + 5 burpees

**12pm**- 5 tuck jumps + 5 squat jumps

**1pm**- 1 minute high knees + 1 minute heel flicks

**2pm**- 10 sit ups+5 ski jumps

**3pm**- 10 tricep dips + 10 second plank



**9am**-20 star jumps + 20 press ups

**10am**- 1 min running on the spot + 1 min wall sit

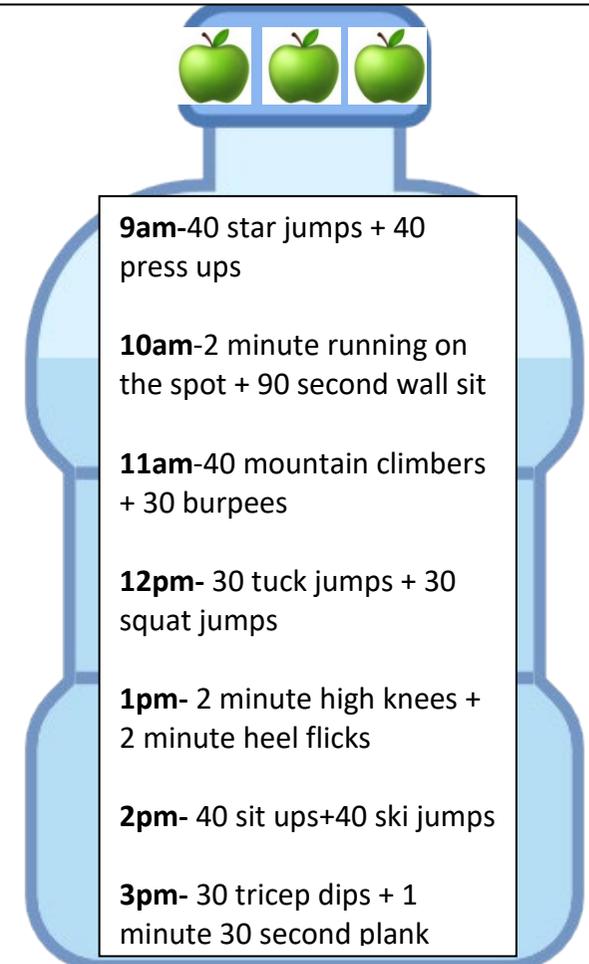
**11am**-20 mountain climbers + 10 burpees

**12pm**- 15 tuck jumps + 15 squat jumps

**1pm**- 90 second high knees + 90 second heel flicks

**2pm**- 20 sit ups+10 ski jumps

**3pm**- 20 tricep dips + 45 second plank



**9am**-40 star jumps + 40 press ups

**10am**-2 minute running on the spot + 90 second wall sit

**11am**-40 mountain climbers + 30 burpees

**12pm**- 30 tuck jumps + 30 squat jumps

**1pm**- 2 minute high knees + 2 minute heel flicks

**2pm**- 40 sit ups+40 ski jumps

**3pm**- 30 tricep dips + 1 minute 30 second plank

Apples achieved:

# Diet and Nutrition Pyramid Workout!

10 Seconds per exercise: **1 Apple**

20 Seconds per exercise: **2 Apples**

40 Seconds per exercise: **3 Apples**



**20 Second rest between all exercises!**

People need to manage the quantity, type and proportion of foods that they eat as part of a healthy lifestyle or, for sportspeople, as part of a training and performance regime.

**Your Task:** Work your way up the nutritional pyramid completing the relevant exercises as you go. The greater the percentage of each nutrient recommended in your diet, the more exercises there are to do. For example, Carbohydrates are recommended to make up 55-60% of your diet- therefore this section will make up approximately half of your workout! Good luck!

## Vitamins and Minerals

Essential for many processes, e.g. bone growth, metabolic rate, immune system, vision, nervous system. Need small amounts only.

Exercise 15: Star Jumps

## 15-20% Proteins

Exercise 13: Wall Sit  
Exercise 14: Tuck Jumps  
Exercise 15: Tricep Dips

Tissue growth – known as the body's building blocks. Athletes frequently use protein supplements in their diet and will consume protein immediately after training, sometimes as a 'shake'.

## 25-30% Fats

Exercise 9: Sit Ups    Exercise 10: Lunges  
Exercise 11: Burpees    Exercise 12: Running punches

Source of energy. Fats are stored under the skin and are essential for health. Too much fat can limit an athlete's performance due to increased weight.

## 55-60% Carbohydrates

Exercise 1: Running on the spot    Exercise 5: Jumping Lunges  
Exercise 2: Toe Taps on chair/ stairs    Exercise 6: Press Ups  
Exercise 3: Squats    Exercise 7: Plank  
Exercise 4: High Knees on the spot    Exercise 8: Mountain Climbers

Source of energy. Divided into: simple carbohydrates – sugars and complex carbohydrates – starches.

# The Rules:

Sport and Nutrition play a vital role in ensuring we keep ourselves both physically and mentally diet. You may have a very healthy and balanced diet however if you do not engage in regular exercise you will lack physical fitness.

Your PE home learning tasks this week are to complete a range of food and nutrition themed workouts.

Your task is to complete the workouts and attempt to collect as many apples as you possibly can. The more you challenge yourself, the more apples you are awarded for your performance! You can win up to three apples per workout.

Remember to let your PE teacher know how many apples you managed to collect at the end of each workout.

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