Brabourne CEP Virtual Sports Day 2020

SCORE CARD

Each exercise completed equals 1 point. So you complete 50 star jumps it is 50 points for you house.

Total up your points for the week and email them to: ctaylor@brabourne.kent.sch.uk before 3pm on Friday 17th July.

	Exercise	Time	
Monday	Star jumps	2 minutes	
Tuesday	Side to side bunny hops	2 minutes	
Wednesday	Plank*	-	
Thursday	Squats	2 minutes	
Friday	Burpees	2 minutes	
		Total:	

* Plank – how long can you hold a plank? Each second will be 1 point.

You will find the exercises at:
https://www.campuslivingvillages.co.uk/12-exercise-moves-you-can-do-in-your-bedroom

GOOD LUCK!