



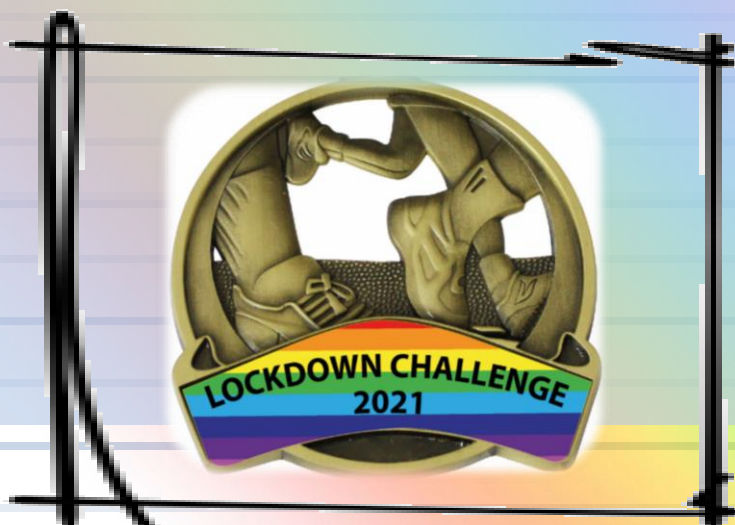
Feel Good February

‘Marshfield’s Mission’

Being active is not only great for your physical health and fitness. Evidence also shows it can improve your mental wellbeing by raising your self-esteem. In addition, it can help you to set goals or challenges and achieve them causing chemical changes in your brain which can positively change your mood.

Are you up for this week’s challenge?

Join us **LIVE on Monday 8th February at 3pm**
for more information and demonstrations!





Step In, Step Out 60 Second Challenge

MONDAY



Can you keep trying even when you want to give up?

How many times can you step in and step out of a circle in 60 seconds?



You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!

Mark out a circle

Using chalk mark out a circle on the floor.

Can you achieve a medal stepping in and stepping out of the hoop in different directions?

Race against someone!

Mark out two circles, who can step in and out of their circle the most amount of times?

Achieve Gold

55 step in, step outs



Achieve Silver

45 step in, step outs



Achieve Bronze

35 step in, step outs



Marshfield Primary School, Marshfield Road, Castleton, Cardiff, CF3 2UW.

Tel: 01633 680303

Email: school@marshfieldprimary.co.uk

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Burpees 60 Second Challenge

TUESDAY



Can you keep trying even if you feel that you want to stop and give up?

How many burpees can you complete in 60 seconds?



You must extend your legs back once you have lowered yourself to the ground.



No equipment is required.

Just make sure you use a clear, open and safe space.

If it's too tough give yourself an extra 30 seconds and do not perform the leg extensions.



Achieve Platinum!

To achieve platinum can you perform 40 burpees in 60 seconds?



Achieve Gold

30 burpees



Achieve Silver

20 burpees



Achieve Bronze

10 burpees



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Catch and Clap 60 Second Challenge

WEDNESDAY



Can you focus on the ball to maximise your concentration?

How many times can you throw a ball up, clap once and catch it in 60 seconds?



The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.

Throw and catch a ball

If you do not have a ball, use a toilet roll or a rolled up pair of socks.

Don't drop it!

Each time you drop the ball take five seconds off your time!

Play with a partner!

Throw, clap and catch in pairs. Can you achieve a medal with your partner?

Achieve Gold

35 catch and claps



Achieve Silver

25 catch and claps



Achieve Bronze

15 catch and claps



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The Plank 60 Second Challenge

THURSDAY



Can you keep trying even if you feel that you want to stop and give up?

Can you hold the 'plank' position for 60 seconds?



Make sure you keep your bottom down and back straight. Keep your forearms on the floor.

No equipment is required.

Just make sure you use a clear, open and safe space.

If you're finding it tough stop after 30 seconds and have 5 second rest.



Achieve Platinum!

To achieve platinum can you perform the plank for 90 seconds?



Achieve Gold

60 seconds or more



Achieve Silver

45 seconds or more



Achieve Bronze

30 seconds or more



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Star Jumps 60 Second Challenge

FRIDAY

Can you maintain your technique even when you are tired?

How many star jumps can you complete in 60 seconds?



Make sure you clap your hands above your head and bring your feet together.

No equipment is required.

Just make sure you use a clear, open and safe space.

Challenge yourself!

Touch the floor after each star jump to make it harder.

Try jumping in different ways for 60 seconds. Can you compete against different family members?

Achieve Gold

60 star jumps



Achieve Silver

45 star jumps



Achieve Bronze

30 star jumps



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Activity Tracker

WC 08.02.21

Name of activity:



Tick the boxes
when you
achieve Gold,
Silver and
Bronze?



Can you keep
working hard
to achieve
Gold, Silver
and Bronze?

Click on the link below for more challenges
like the ones you've been doing this week!

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Don't forget to share your success with
your class teacher on Seesaw or Microsoft
Teams! We would love to see some
photographs or videos of you completing
the challenges. You could even tweet
some pictures and tag us...



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