

Nandos Fitness Challenge

Benchmarks:

Stamina

Core Stability & Strength

Determination

Decision making

Balance & Control



L1: Be able to choose & perform correctly the different fitness activities within a specific time to score points

L12: Be able to keep going even when tired

Equipment needed:

- Timer
- Skipping rope
- Wall space
- 5m distance set up
- Space



for the speed walking

FOR YOUR SAFETY:

Please make sure that you are taking care performing any of the activities. Safety is key in any physical activity. Please make sure that you have enough space around you to perform and complete your activity. Move any objects out of the way before starting that may be a hazard and wearing clothing that is suitable for PE Activities, your laces are tied and that you are being supervised appropriately.

Nandos Fitness Challenge

What you need to do:



- Aim of the game is to generate as many **Peri Points** as you can in a set time. Your time is **10 minutes.**
- Remember, if you start an activity you must finish it.
- There are 5 different spice levels – which get harder the hotter the spice is.
- You **cannot** do the same spice level twice in a row however, you can go back once a different level has been done.
- Each time you complete a challenge, **WRITE IT ON YOUR SHEET AND THE POINTS GAINED**
- You **must** visit each spice level **AT LEAST ONCE** within your time.

GOOD LUCK

Week 1: Set your target
Week 2: Can you beat it?

NANDOS FITNESS CHALLENGE – P1 & 2

How many points can you get?



EXTRA HOT	10 POINTS 10 burpees	10 POINTS 10 push ups	10 POINTS 1 minute skipping	10 POINTS 30 second wall sit
HOT	5 POINTS 20 second plank	5 POINTS 20 high knees, arms in air	5 POINTS 20 lunges	5 POINTS 2 minute non-stop jog
MEDIUM	3 POINTS 30 sec skipping	3 POINTS 20 star jumps	3 POINTS 15 high knees	3 POINTS 20 step ups (Use step)
MILD	2 POINTS 1 minute speed walk 5m circuit	2 POINTS 10 second plank	2 POINTS 15 squats	2 POINTS 60 seconds fast feet
EXTRA MILD	1 POINT 10 arm circles	1 POINT 10 head, shoulders, knees and toes	1 POINT 10 second wall sit	1 POINTS 10 squats

Score Sheet

Write your activities and scores on here

1st Attempt: 25 – 29 May

2nd Attempt: 1 – 5 June

Total Points:

Total Points: