



ARE
YOU THE
FITTEST
PRIMARY
SCHOOL?

Xcite
Sports & Fitness

As quality assured PE and School Sport Specialists, we passionately believe each child should embrace and enjoy leading a healthy, active lifestyle. We know we are not alone in holding this ambition...

OFSTED report in to current state of Physical Education nationwide:
“Teachers and Coaches should improve pupils’ fitness by...engaging them in regular, high-intensity vigorous activity”

NATIONAL CURRICULUM Sept 2014
“Aims to ensure that all pupils are physically active for sustained periods of time”

This FunFit Challenge is aimed at encouraging children to be excited about improving their physical fitness and to show both resilience and perseverance on the way to achieving their personal best performance.

Based on the Connecticut Physical Fitness Assessment initiative, we have pioneered an age-appropriate challenge which will provide a fair reflection of a child’s physical fitness (stamina, upper/lower/core strength, speed and flexibility).

A competition like this has never before been offered to schools across the borough and we would be delighted if your school could take part, earning the right to be crowned **‘THE FITTEST PRIMARY SCHOOL’**.

Thank you and very best of luck

James O’Neill
Director

THE TEST



Complete as fast as possible:

- 100m run
- 10 burpees
- 100m run
- 20 sit-ups
- 100m run
- 20 speed bounces
- 100m run



100M RUN (x4)

1. Cones placed 10m apart



2. Run 10 times from one cone to the other



3. Must touch the cone with your hand

WHY IS THIS IMPORTANT FOR OUR HEALTH?

Cardiovascular Endurance (stamina) – good levels of cardiovascular endurance are associated with a reduced risk of high blood pressure, heart disease, obesity, diabetes and other health problems.

10 BURPEES

1. Start in plank position



2. Bunny hop legs forward



3. Jump high in to the air



Repeat up to a total of 10

WHY IS THIS IMPORTANT FOR OUR HEALTH?

Muscular strength/endurance – strong, healthy muscles are important as they allow us to perform all day-to-day activities and maintain a good posture.

20 SIT-UPS

1. Lay down with feet and shoulders flat on the floor



2. Slide your hands forward until you touch your knees/partner's hand on top of knee



3. Return to starting position

Repeat up to a total of 20

WHY IS THIS IMPORTANT FOR OUR HEALTH?

Core strength/endurance – good abdominal muscles lead to a correct upper body posture and ensure your back and spine stay healthy.

20 SPEED BOUNCES

1. Stand with two feet together at one side of the line



2. Jump over the line with both feet

Repeat up to a total of 20 times



* CONES, SMALL HURDLES, HALL/ PLAYGROUND MARKINGS ETC. CAN BE USED INSTEAD OF A RUBBER LINE FOR PRACTICE.

WHY IS THIS IMPORTANT FOR OUR HEALTH?

Anaerobic exercise – allows the body to perform activities at a high intensity (very fast using lots of power) for a short time. Important for performing well in many sports.

TRAINING PROGRAMME

Below is a training programme which schools may wish to follow, in preparation for the competition:

Week 1

Run (or walk if appropriate) continuously for 3 minutes, covering the furthest distance possible.

Complete as many as possible in 30 seconds:

- Burpees
- Sit-ups
- Speed bounces

Week 2

Complete a shortened version of the challenge:

- 40m run
- 4 burpees
- 40m run
- 8 sit-ups
- 40m run
- 8 speed bounces
- 40m run

Week 3

Run (or walk if appropriate) continuously for 4 minutes, covering the furthest distance possible.

Complete as many as possible in 45 seconds:

- Burpees
- Sit-ups
- Speed bounces

Week 4

Complete a shortened version of the challenge:

- 60m run
- 6 burpees
- 60m run
- 12 sit-ups
- 60m run
- 12 speed bounces
- 60m run

Week 5

Run (or walk if appropriate) continuously for 5 minutes, covering the furthest distance possible.

Complete as many as possible in 60 seconds:

- Burpees
- Sit-ups
- Speed bounces

Week 6

Complete a practice attempt of the full challenge:

- 100m run
- 10 burpees
- 100m run
- 20 sit-ups
- 100m run
- 20 speed bounces
- 100m run



HOW TO TAKE PART

All schools can **enter one class, either Y6 or Y5**, in to the competition.

Each child in the class will take part (if possible), aiming to complete the challenge in their fastest possible time. An overall class average will be calculated and the winners will be the class with the fastest average time.

To enter schools should contact James O'Neill via:
james@xcitesportsandfitness.org or **0785 104 6611**
www.xcitesportsandfitness.org

We will arrange a one hour time slot where one of our P.E. Specialists will come in to your school and record the challenge results.

The recording of results will take place between **Monday 15th February - Friday 18th March**. So get busy practising!



A BIT ABOUT US

Xcite Sports & Fitness are Quality Assured (ERSPAS, 2015/16) PE and School Sport Specialists, working across primary schools throughout the region.

All our staff are fully qualified including enhanced DBS checks and we pride ourselves on the positive feedback we receive from our partner schools.

All of our services and efforts are focused on simply this:

Achieving the best possible outcomes for every one of the young people we work with.

Whether it's our bespoke Teacher CPD programme, hugely popular extracurricular clubs or award-winning Sports Academy, we continue to positively impact upon every individual we work with.



We are offering all schools a **FREE TRAINING SESSION** from one of our qualified and enhanced DBS-checked staff in preparation for the competition.

To enter the competition, request a free training session for your class or for further information, please contact James O'Neill via:

james@xcitesportsandfitness.org

0785 104 6611

www.xcitesportsandfitness.org

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

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