



Cambridgeshire and Peterborough Virtual School Games

Fitness Workout



Active Challenge

Monday Name Workout

Using the A-Z exercise sheet spell out your first name.

Perform each exercise for each letter in your name . You can have a 30 second break between each exercise.

If you find it easy then why not do your surname also?

Tuesday Numeracy Workout

Solve the numeracy questions below. The answer to the first question is the start of the second problem and so on.

$10+10 = ?$
 $? - 8 = ?$
 $? \times 2 = ?$
 $? + 6 = ?$

Spell out the answer and use the A-Z exercise sheet to do the workout!

Wednesday Art Workout

Do you know your colours?

If you mix red and yellow paint together, which colour do you get?

Spell out your answer and use the A-Z exercise sheet to complete your workout.

Thursday Science Workout

Here is a question based on the solar system.

Which is the largest planet in the solar system? You may need to google it or ask someone to help you find the answer.

Spell out the answer and use the A-Z exercise sheet to complete your workout.

Friday Name the Sport Workout

If you can, work with a partner.

Take it in turns to name a sport. Spell it out and use the A-Z exercise sheet to complete the workout.

How many sports can you name and exercises can you do in 15 minutes?

Cross Curricular

Think of your favourite book title, which you have in your house, can you do the workout for its title?

Read the book after finishing your workout as a cool down whilst you stretch.

Write your own numeracy problem for your friend, parent, family member to solve and complete the workout.

Can you make a problem with more steps than this one?

Here's a tough challenge, can you paint /draw a rainbow and complete the workout for each colour?

You may need to do this over a whole day!

Can you name the other planets in the solar system?

Choose another one and complete the workout.

Who is your favourite sports person?

Can you spell their name and complete the workout?

Children are encouraged to submit photos and videos of themselves and their families completing the challenges. Entries must include a school name and can be submitted via any of our social media platforms or emailed to schoolgames@livingsport.co.uk

Twitter and Facebook

@SouthCambsSSP
 @HuntsSSP
 @CambridgeSSP
 @witchfordSSP
 @StangroundAcad
 @cambspborosg

South Cambs School Sports Partnership
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 Witchford Sports Partnership
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