



Planet
Education
Inspiring lives through sport



MONDAY

BURPEES CHALLENGE

HOW MANY BURPRESS CAN YOU
COMPLETE IN 30 SECONDS ?

Suitable footwear & clothing

Safe & clear space

Start by standing tall, with your feet shoulder width apart

Move down into a front support, legs extended

Bring your feet up towards your chest & Jump up in the air

Land with slightly bent knees & repeat

Can you try extending your arms in the air, when jumping?

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