



Noel-Baker Academy
A L.E.A.D. Academy



Headteacher: Mrs Ann Donaghy
Address: Derwent Campus, Bracknell Drive,
Alvaston, Derby DE24 0BR
Telephone: 01332 572026
enquiries@noelbakeracademy.co.uk

Weekly Physical Activity Challenge

Each week, we will provide a 'Physical Activity Challenge' to give you some activities to perform at home. These will differ each week between some fun and challenging activities 🏃‍♂️

Physical Activity Challenge 1 🏃‍♂️ 📊 🤝

Core Circuit (4 x 1 min)

Perform each exercise for 1 minute and record how many in total you do!

1. Sit ups
2. Russian twists
3. Leg raises
4. High knees

Additional task:

Perform the '1 Minute Sit Up Test' and record how many sit ups you can do.

Compare your score with the normative data in your PE work booklet to see how you compare!

Rewards given out weekly, with prizes for those who submit their video responses to our Twitter page! (@TeamNBSport).