

Longmeadow PE Skills Challenge

Week 1- High Knees

High knees doesn't require any equipment, which means you can do it in the comfort of your own home. Due to the high level of intensity involved, this challenge encourages your body to continue burning calories even after your workout is done - this is known as the 'afterburn effect'.

Task: Complete as many high knees within 1 minute. Each time your knee hits your hand you score a point. Record your score at the end of the challenge. Repeat the challenge each day of the week (Wednesday to Friday) and submit final score.



- Plant both feet on the floor slightly further than shoulder width apart.
- Keeping your weight on your left foot, bend your right leg to bring your knee into your chest.
- Lower your right leg and plant your foot on the floor. Keeping your weight on your right leg, bend your left leg to bring your knee into your chest.
- Once you are comfortable with this movement, increase your speed so that you are hopping from one foot to the other.
- Continue alternating between right and left legs for 60 seconds.

We understand every child's ability levels are different so the high knee challenge can be adapted if needed:

- Lower the hands, so the knees don't need to travel so high.
- Lifting knees without touching hands.
- Slow the pace down to walking pace.