



# Longmeadow Primary School

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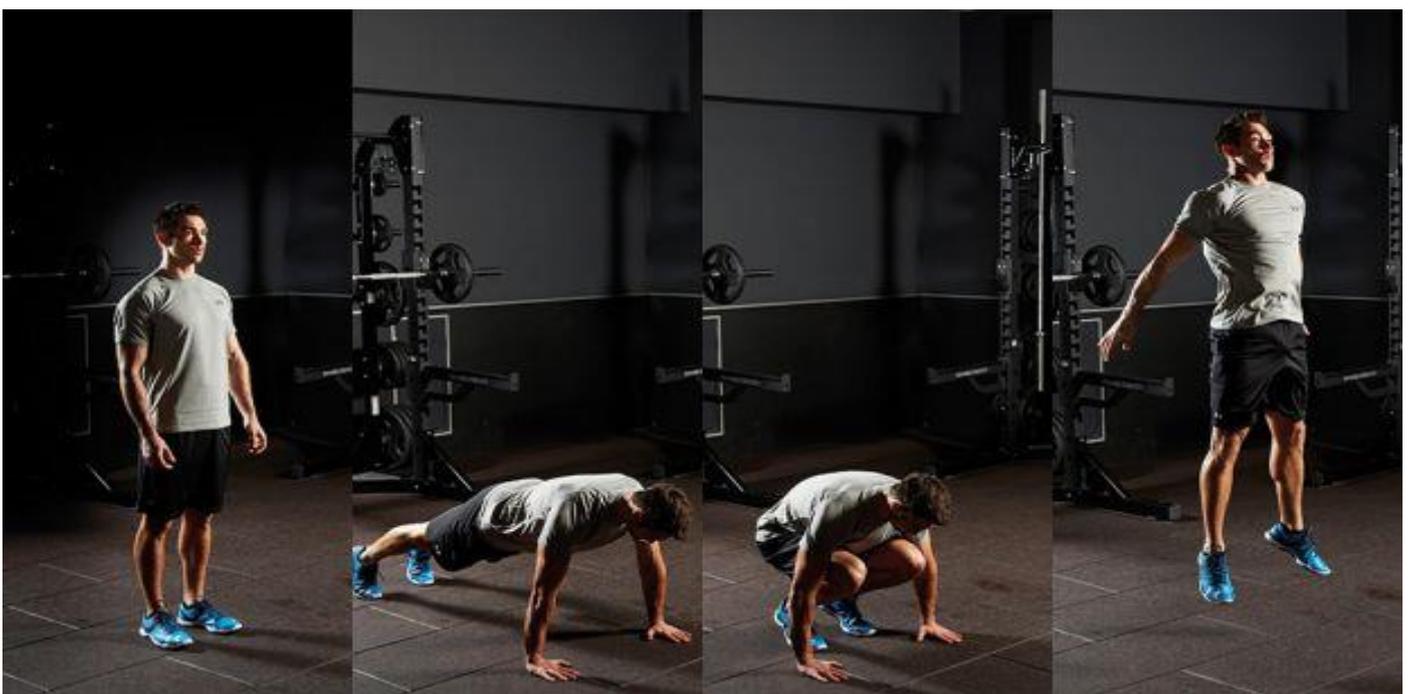
## Longmeadow PE Challenge

### Week 3- Burpees

Well done to all the students at Longmeadow for completing the past 2 challenges. This week I dare you complete the burpee challenge?

The first time you do a burpee you might wonder what all the fuss is about. Do a second burpee, and then a third. Keep going and 60 seconds later you'll be wondering how it's possible for so many muscles to be aching and your lungs to be burning at the same time. Whether you take them slow or try to cram in as many as possible within 60 seconds, they knacker you out faster than just about any other exercise out there. That's the bad news.

The good news is that all that effort is absolutely worth it. The burpee works your arms, back, chest, core, glutes and legs – you name it, it works it. Burpees also spike your heart rate as much as sprinting for a bus does – one reason it's a firm favorite of mine is because all of those benefits come without the use of any equipment, so you can do the burpee anytime and anywhere.





## How to do a Burpee

- From a standing position, drop into a squat with your hands on the ground just in front of your feet.
- Then kick your feet back behind you, keeping your arms extended so you are in a raised plank position.
- At this stage remain in the raised plank and jump your feet back towards your hands.
- Then round off the maneuver by leaping into the air with your arms straight above you.
- Then do it again and repeat for 60 seconds. This challenge should be repeated each day, Monday to Friday. Please submit final scores to Mr Howley (PE teacher) via email to [Ahowley@longmeadow.herts.sch.uk](mailto:Ahowley@longmeadow.herts.sch.uk)

Good luck

