



St Joseph The Worker

PE Advent Calendar



1 MINUTE PLANK

2 MINUTES OF
STRETCHING

3 HOPS PER LEG

MAKE 4
DIFFERENT SHAPES
WITH YOUR BODY

5 TRICEP DIPS ON
CHAIR

6 PRESS UPS

7 SUMO SQUATS

8 PLANK SHOUL-
DER TAPS

9 BUNNY HOPS

10
BURPEES

11 FROG JUMPS

12
MOUNTAIN
CLIMBERS

13 FORWARD
KICKS (AS HIGH AS
POSSIBLE)

14 SIDE LUNGES

15 SIT UPS

16 SECOND TREE
POSE ON EACH
LEG

17 JUMP TWISTS

18 DONKEY KICKS
BACKWARDS ON
EACH LEG

19 ROCKET
LAUNCHES

20 HIGH KNEES

21 BALANCE ON
EACH LEG

22 REVERSE LUNG-
ES

23
JUMPING
SQUATS

24
JUMPING JACKS