

## Year 3 fitness activities

### **Fitness from home activities**

Tabata is the name for a type of workout which is four-minutes long consisting of 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest.

1 round = Warm-up ( Tabata )

20 seconds of Burpees

10 seconds rest

Complete this 8 times

### **Ball Rally**

#### **Goal Ball Variation**

The game can be played 1 v 1.

The aim is for the player to roll the ball over the goal line whilst their opponent attempts to stop it. The game must be played in a sitting or kneeling position and players are able to lie down to stop the ball.

You may not walk, run or get onto your feet while playing the game. You can move side ways in front of your goal but not forward.

Make the goals wide, so players much stretch to save the ball and give the player shooting a chance to score.

