

Year 11 Optional House Competition

Starts Monday 8th February
Finishes Friday 12th February

All entries will receive points for the student's house

Winners will receive a voucher as well as additional house
points

Year 11 House Competition Student Challenges

- **Mental Challenge:** RE Quiz (Please complete the multiple choice quiz on Microsoft Forms)
- **Creative Challenge:** Make a piece of artwork (please e-mail your artwork to smolsher@trinitysevenoaks.com with your house name)
- **Physical Challenge:** How many press ups can you do in one go. Please send the clip to smolsher@trinitysevenoaks.com, with your house name and the number of press ups you achieved) **Please see the next slide for guidance on how to perform this exercise correctly. You MUST warm up first to raise your heart rate and stretch your muscles in advance of performing this exercise, please watch this link for advice on how to warm up: <https://www.youtube.com/watch?v=GCzecFateXc>**
- (NB: Kneel press ups are counted as a half per press up)

How to a press up/kneeling press ups correctly

howto:push-up

1. Get into an upward plank position with hands on the floor, around shoulder width apart
2. Keep abs tight and whole body in a straight line, don't let your hips dip!
3. Keep your neck relaxed and head neutral
4. Lower your body slowly to the ground, keep arms tight to the body - don't let them flare outwards
5. Pause for a second at the bottom before exploding upwards, keeping your body tight and under control
6. Complete for desired amount of reps.



• KNEE PUSH UP INSTRUCTIONS

- Place the **knees** on the floor, the hands below the shoulders and cross your feet.
- Keeping your back straight, start bending the elbows until your chest is almost touching the floor.
- Pause and **push** back to the starting position.
- Repeat until the set is **complete**.

