

# *Prostars 'Going for Gold Exercise Class'*



***Name:***

***Age:***

***School:***

# Mission Statement

*Prostars aspires to develop & improve the delivery of physical literacy, with opportunities for all to compete & participate in PE & School Sport.*

*We have created a range of Physical Activity Planners for children to complete when they are not in school. Our planners offer a variety of activities your child can complete to help track their progress to leading a healthy lifestyle, being active and to enjoy the holidays!*

*This P.R.O.S.T.A.R.S exercise class is all about progression – Over time, can your child build up and reach the gold standard for their age range.*

*We've also added a 'beat the coach challenge.*

*Each coach has completed their own challenge. Can you beat their score?*

*You will find images of each activity at the end of this document.*

*We hope you enjoy our 'going for gold exercise class'*

# Prostars – ‘Going For Gold Challenges’



**Bronze**

Activity	Score	😊
P - Plank	15 Seconds	
R – Reverse Crunch	10 in 1 minute	
O – Oblique Twists	10 in 1 minute	
S - Squats	25 in 1 minute	
T – Tricep Dips	15 in 1 minute	
A – Arm Rotations	25 in 1 minute	
R – Reverse Lunge	15 in 1 minute	
S – Skipping	20 in 1 minute	

**KS1**



**Silver**

Activity	Score	😊
P - Plank	30 Seconds	
R – Reverse Crunch	20 in 1 minute	
O – Oblique Twists	20 in 1 minute	
S - Squats	30 in 1 minute	
T – Tricep Dips	20 in 1 minute	
A – Arm Rotations	35 in 1 minute	
R – Reverse Lunge	20 in 1 minute	
S – Skipping	30 in 1 minute	



**Gold**

Activity	Score	😊
P - Plank	45 Seconds	
R – Reverse Crunch	30 in 1 minute	
O – Oblique Twists	30 in 1 minute	
S - Squats	35 in 1 minute	
T – Tricep Dips	25 in 1 minute	
A – Arm Rotations	45 in 1 minute	
R – Reverse Lunge	25 in 1 minute	
S – Skipping	40 in 1 minute	

# Prostars – ‘Going For Gold Challenges’

## Year 3 / 4



**Bronze**

Activity	Score	😊
P - Plank	30 Seconds	
R – Reverse Crunch	15 in 1 minute	
O – Oblique Twists	25 in 1 minute	
S - Squats	30 in 1 minute	
T – Tricep Dips	20 in 1 minute	
A – Arm Rotations	40 in 1 minute	
R – Reverse Lunge	20 in 1 minute	
S – Skipping	40 in 1 minute	



**Silver**

Activity	Score	😊
P - Plank	45 Seconds	
R – Reverse Crunch	25 in 1 minute	
O – Oblique Twists	35 in 1 minute	
S - Squats	35 in 1 minute	
T – Tricep Dips	25 in 1 minute	
A – Arm Rotations	50 in 1 minute	
R – Reverse Lunge	25 in 1 minute	
S – Skipping	50 in 1 minute	



**Gold**

Activity	Score	😊
P - Plank	1 Minute	
R – Reverse Crunch	35 in 1 minute	
O – Oblique Twists	45 in 1 minute	
S - Squats	40 in 1 minute	
T – Tricep Dips	30 in 1 minute	
A – Arm Rotations	60 in 1 minute	
R – Reverse Lunge	30 in 1 minute	
S – Skipping	60 in 1 minute	

# Prostars – ‘Going For Gold Challenges’

5/6



**Bronze**

Activity	Score	😊
P - Plank	30 Seconds	
R – Reverse Crunch	20 in 1 minute	
O – Oblique Twists	40 in 1 minute	
S - Squats	40 in 1 minute	
T – Tricep Dips	30 in 1 minute	
A – Arm Rotations	60 in 1 minute	
R – Reverse Lunge	30 in 1 minute	
S – Skipping	60 in 1 minute	



**Silver**

Activity	Score	😊
P - Plank	1 minute	
R – Reverse Crunch	30 in 1 minute	
O – Oblique Twists	50 in 1 minute	
S - Squats	45 in 1 minute	
T – Tricep Dips	40 in 1 minute	
A – Arm Rotations	70 in 1 minute	
R – Reverse Lunge	35 in 1 minute	
S – Skipping	80 in 1 minute	



**Gold**

Activity	Score	😊
P - Plank	1 minute 30 Seconds	
R – Reverse Crunch	40 in 1 minute	
O – Oblique Twists	60 in 1 minute	
S - Squats	50 in 1 minute	
T – Tricep Dips	50 in 1 minute	
A – Arm Rotations	80 in 1 minute	
R – Reverse Lunge	40 in 1 minute	
S – Skipping	100 in 1 minute	







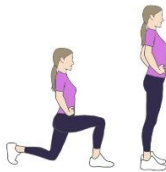



## Prostars – ‘Going For Gold Challenges’

### Beat the Coach

Activity	Score to beat (in 1 minute)	😊
Rich's Rows	32	
Josh's Jack knives	60	
Jack's Jumping Jacks	45	
Mark's Mountain Climbers	34	
Scott's Stalk Stand	1 minute	
Jake's Jump ups (single leg)	46	
Ethan's Elbow to Knees	28	
Jordan's Jump Squats	48	
Rob's Romanian Deadlifts	32	

## P.R.O.S.T.A.R.S Exercise Chart

Plank	
Reverse Crunch	
Oblique Twist	
Squats	
Tricep dips	
Arm rotations	
Reverse lunge	
Skipping	

## Prostars Coach's Exercise Chart

Rich's Rows	
Josh's Jack Knives	
Jack's Jumping Jacks	
Mark's Mountain Climbers	
Scott's Stalk Stand	
Jake's Jump ups	
Ethan's Elbow to Knees	
Jordan's Jump Squats	
Rob's Romanian Deadlifts	