

PE DEPARTMENT CHALLENGE

Here are some activities you and your family can have a go at throughout the spring and summer.

Feel free to post how you get on through our twitter page @robertsutton_PE

1. Toilet roll challenge
See how many keep ups you can do with a toilet roll
2. Do two Joe Wicks HITT workouts per week
www.thebodycoach.com
3. Alphabet challenge
Can you write down a sport for every letter of the alphabet?
4. The Plank
See how long you can hold the plank for. Do you improve if you practise over time?
5. Learn to Juggle
Use two balls, then three. Is it as easy as it looks?
6. Sock Ball Challenge.
Use your hall way. Take 8 steps away from you laundry basket. See how many pairs of socks you can get in!
7. Create a one minute video of something you can do in PE to keep fit. Burpees, sits ups mountain climbers for example.
8. Gymnastics



Have a go at these paired balances. Send us a picture on our twitter page.

9. Teach someone in your house the footdance challenge
10. 60 second challenge

See how many times you can pass a ball around you waist in 60 seconds.

#staysafe #stayfit #seeyouinseptember