

P.E Challenge

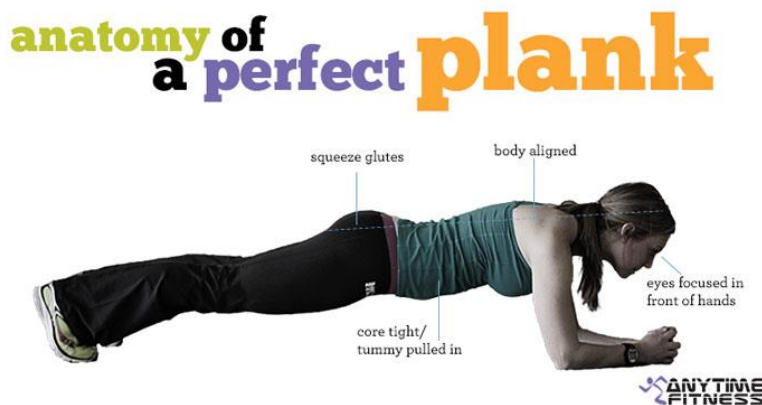
This new exciting P.E challenge is all about to finding what you can achieve if you try hard. Some of these challenges maybe hard at first but the more you try them the better you will get.

So, the P.E challenge is to try each activity as many times as you want and record your best score on the provided score card. Once you are happy with your scores, email your score card to me.

I hope you enjoy each activity and keeping active.

Activity 1 – The Plank

Time how long you can hold your body in the correct body position for the plank (see below)



Activity 2 – Speed Bounce

Find where your carpets join, using a door bar (parents will help you find one in your house). Then jump two footed over the bar as many times as you can in one minute.



Activity 3 – Catching a ball from right hand to left

Start with the ball in your strongest hand then throw it up in the air (about 1 metre) and catch it with your weak hand. Then throw it in the air with your weak hand and catch it in your strong hand. Repeat this until you drop the ball. Record your highest amount of catches before dropping the ball. If you drop the ball start again at zero.



Activity 4 – Balancing on one leg

Have your feet shoulder width apart and then raise one leg off the ground. Once you are steady close your eyes and get someone to time how long you can balance on one leg.



Activity 5 – Hold two food cans above your head

Hold two food cans above your head until your elbows drop below your shoulders. Time how long you hold them above your shoulders.



Activity 6 – Standing Long Jump

Place your feet shoulder width apart, in line with each other. Then crouches down and using your arms and legs jump forwards as far as possible landing with both feet. Measure the distance from where you took off and where your back foot lands.



Name:

Test	Result
1. The Plank	secs
2. Speed Bounce	bounces
3. Catching a ball from right hand to left	catches
4. Balancing on one leg	secs
5. Hold two food cans above your head	secs
6. Standing Long Jump	cms