

PE Challenges 27/04/2020

Monday:

Challenge 1 = Use a ball to practice throwing and catching in the air. Once you have successfully caught the ball 5 times, add in some claps whilst the ball is in the air to progress and test yourself. For a further challenge see if you can throw/ catch with one hand. If you do not have a ball at home, a rolled up pair of socks can be just as effective.



Tuesday:

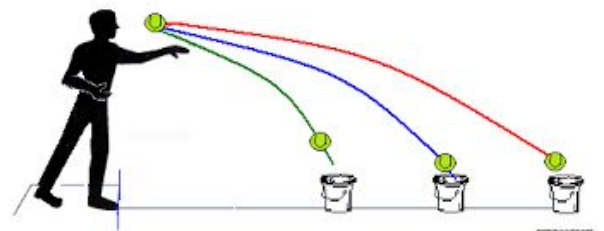
Challenge 2= Use a rolled up towel / blanket to replicate a gymnastics beam, then use this to practice your balance whilst walking across it. Think of the floor 'as lava' and set yourself individual challenges of how to travel across the beam. E.g. backwards, sideways, hopping etc.



Wednesday:




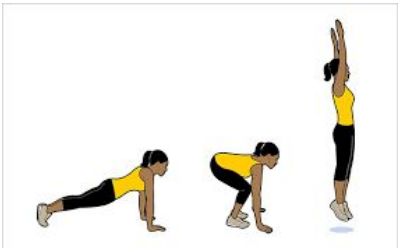
Challenge 3= Use a ball / Socks to practice a target throw. Set a target (ideally a bucket or bowl) and mark 3 distances gradually going further from the target. This will help you practice your aim and range when throwing.

For an added test you can use Tea bags and try to throw into a cup/mug.



Thursday:

Challenge 4 = A mini fitness circuit: to push yourself , try and complete the circuit twice. For help on demonstrations please watch:

1. 20 Jumping jacks	20 secs rest 
2. 20 secs Sprinting on spot	15 secs rest 
3. 20 Star Jumps	10 secs rest 
4. 5 Burpees	Finish 

Jumping jacks: https://www.youtube.com/watch?v=dmYwZH_BNd0

Sprinting on spot: <https://www.youtube.com/watch?v=O7Kyyws7gEI>

Star Jumps: https://www.youtube.com/watch?v=h6wu4_LOhyU

Burpees: <https://www.youtube.com/watch?v=dZgVxmf6jKA>

Friday:

Challenge 5: Very similar to Wednesdays challenge but we are going to practice rolling. Use a ball / Socks to practice rolling at a target. Set a target (ideally a bucket or bowl) and mark 3 distances gradually going further from the target. This will help you practice your aim and range when rolling. For added fun/ competition you can set up obstacles to avoid and simulate a Golf hole / Bowling at skittles for you to complete in a specific amount of throws.



Good luck & stay safe.

Mr Atwell