



# PE Challenges

On the following slides are a number of personal fitness challenges.

Complete all challenges in the first week of the summer holidays and record your score. Try to take part in as much sport and physical exercise over the summer holidays as you can and then repeat all the challenges to see if you have improved.

Here are a couple of exercise workouts you could have a go at also:

[https://www.youtube.com/watch?v=VjT\\_oOWxlZs](https://www.youtube.com/watch?v=VjT_oOWxlZs)

[https://www.youtube.com/watch?v=VjT\\_oOWxlZs](https://www.youtube.com/watch?v=VjT_oOWxlZs)

# 60 Second Challenge

## Speed Bounce

Are you honest?  
Only count the jumps that are completed properly.

### The Physical Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must land over the pillow for the jump to count.



#StayHomeStayActive

### Equipment

A pillow

If you do not have a pillow, jump over a safe object!

#### Achieve Gold

80 Bounces



#### Achieve Silver

60 Bounces



#### Achieve Bronze

40 Bounces



# The Speed Bounce Challenge

Week 1 Score

Week 6 Score

# 60 Second Challenge

## Super Slalom Run

Can you try and run as fast as possible?

### The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

### Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

#### Achieve Gold

20 Slalom Runs



#### Achieve Silver

18 Slalom Runs



#### Achieve Bronze

12 Slalom Runs



# The Super Slalom Challenge

Week 1 Score

Week 6 Score

# 60 Second Challenge

## The Plank

Can you focus and show self belief even though it is hard?

### The Physical Challenge

Can you hold the 'plank' position for 60 seconds?

Make sure you keep your bottom down and back straight. Keep your forearms on the floor.



#StayHomeStayActive

### Equipment

Just yourself and enough space on the floor!

Who can hold the plank position longest in your family?

#### Achieve Gold

60 seconds or more



#### Achieve Silver

45 seconds or more



#### Achieve Bronze

30 seconds or more



# The Plank Challenge

Week 1 Score

Week 6 Score

# 60 Second Challenge

## Burpees

Do you keep trying even when you want to give up?

### The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

**#StayHomeStayActive**



### Equipment

Just yourself and enough space on the floor!

If you find it tough do not perform the leg extensions.

**Achieve Gold**

30 burpees



**Achieve Silver**

20 burpees



**Achieve Bronze**

10 burpees



# The Burpees Challenge

Week 1 Score

Week 6 Score

# 60 Second Challenge

## Catch and Clap

Which skills do you think will be key to succeed?

### The Physical Challenge

How many times can you throw a ball up, clap once and catch it in 60 seconds?

The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.



**#StayHomeStayActive**

### Equipment

A ball

If you do not have a ball use a toilet roll or pair of socks.

#### Achieve Gold

35 catch and claps



#### Achieve Silver

25 catch and claps



#### Achieve Bronze

15 catch and claps



# The Catch and Clap Challenge

Week 1 Score

Week 6 Score