

MAY 2020 PE EVERY DAY CHALLENGE

EdStart Rochdale want you to keep as active as you can throughout lockdown. See if you can take part in these challenges everyday for the whole of May.

What level can you achieve? Remember to send your photo evidence into school!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1ST How long can you hold the Plank position for? Shooting Star 3mins+ Superstar: 2 mins Star: 1 mins	2ND How many Squats can you do in 1 minute? Shooting Star: 40+ Superstar: 25 Star: 15	3RD How long can you balance on one leg? Shooting Star 3mins+ Superstar: 2 mins Star: 1 min
4TH How many times can you throw and catch a ball or pair of socks in 1 minute?	5TH How many times can you throw, clap and catch a ball or pair of socks in 1 minute?	6TH How many Star Jumps can you do in 1 minute? Shooting Star: 40+ Superstar: 30 Star: 20	7TH How many Tuck Jumps can you do in 1 minute? Shooting Star: 20+ Superstar: 15 Star: 10	8TH Make a paper aeroplane and see how far you can get it to fly?	9TH Pick your favourite Pop song and make a dance up to it. Perform it to your family.	10TH Teach your family the dance you made up yesterday.
11TH How many times can you throw and catch a ball or pair of socks with one hand in 1 minute?	12TH How many times can you hop on the spot in 1 minute? Shooting Star: 40+ Superstar: 30 Star: 20	13TH How many Press-Ups can you do in 30 seconds? Shooting Star: 15+ Superstar: 10 Star: 5	14TH Teach yourself to Juggle . Find a simple YouTube video and teach yourself to juggle.	15TH Teach yourself to Juggle (continued) Find a simple YouTube video and teach yourself to juggle.	16TH Search for the Edstart Yoga video on YouTube and take part in it. https://www.youtube.com/watch?v=yCREAG0tjGQ	17TH Teach your family some of the yoga moves you learnt in the You Tube clip yesterday.
18TH How many times you can you hit a ball or teddy up in the air using your hands?	19TH Measure 10 cms. Jump either side for 1 minute. How many did you get?	20TH Throw a ball off a wall and catch it. How many in 30 seconds. Shooting Star: 15+ Superstar: 10 Star: 5	21ST Create your own target game. Find some soft things to throw at your target.	22ND Can you teach your family the target game you made? See who scores the most points!	23RD Create an obstacle course and time yourself doing it!	24TH Repeat your obstacle course and see if you can beat your time.
25TH Build a tower using empty boxes or tin cans. How high can you make it?	26TH How many Sit Ups can you do in 30 seconds? Shooting Star: 20+ Superstar: 15 Star: 10	27TH How many times can you stand up and then touch your toes in 30 seconds?	28TH Create your own fitness circuit . Choose some of the activities from this month to put in your circuit.	29TH Challenge your family to take part in your circuit. Try to get a better time!	30TH How many different balances can you come up with in one minute?	31ST Spell out 10 different words with your body and get your family to guess the words.