30 Day yoga Challenge <https://www.youtube.com/watch?v=oBu-pQG6sTY>

Joe Wicks PE lessons <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Churchmead Olympics 2020

Whilst we are usually preparing for our Sports Day during this term with many different athletics events, it is now time for us to get a little creative.

Your challenge is to create a schedule of events that can be done during lockdown where we can all submit scores and see who the ultimate lockdown champion is.

* Events can include: Standing broad jump- jump from one point to another and measure. Fastest 10/20m sprint the most keepy uppies in 30secs and so on...
* When we return to school, we will be able to compete with the self-proclaimed champions competing for the ultimate medal.
* Your events schedule needs to include vital information such as how they will be measured and what equipment is needed. It can be on Word/ PowerPoint or Excel. Good luck!