

OAKFIELD PE CHALLENGES



The challenges below are designed to be fun and can be attempted at home, alone or with family members.

We would love you to share some of your efforts with the Oakfield community via our P.E [Twitter](#) page



@Oakfield_PE [Instagram](#) @oakfield_academy_pe or weekly Newsletter.



With parental permission, send photos/short video clips to pe@oakfieldacademy.org

Good luck from the P.E department!

Walk/Cycle/Run Challenge

This challenge can be performed on your own or with family members. It can be completed in your garden or as part of your daily exercise.



Platinum – Walk/cycle or run each day for a week for a minimum of 15 minutes each time.

Gold – Walk/cycle or Run for 5 days in a week for a week for a minimum of 15 minutes each time

Silver – Walk/cycle or Run for at least 3 days in a week.

Bronze – Walk/cycle or Run for a minimum of 15 minutes at least once a week.

- **Extra challenge** – Increase the amount of time that you spend walking cycling or running gradually.

Date completed.....

Signed..... (Parent)



Gym Challenge

Create a routine that incorporates a jump, balance and roll.



Platinum – perform a routine that incorporates a series of jumps, balances and rolls lasting for at least 45 seconds.

Gold – Perform a roll (teddy bear, forwards, backwards)

Silver – Perform a jump (pencil, tuck, pike, straddle, star) landing on two feet

Bronze – Perform and hold an individual balance for at least 6 seconds

- **Extra challenge – Include a form of travel, e.g. cartwheel, round off, handstand into walkover**

Date completed.....

Signed..... (Parent)