

PCA be active challenges – from sports week

Target throwing

<https://twitter.com/PCABlackpool/status/1278707092237496321?s=20>

Standing long jump

<https://twitter.com/PCABlackpool/status/1278294532661153794?s=20>

Press up challenge

<https://twitter.com/PCABlackpool/status/1277598323831119873?s=20>

Sock basketball

<https://twitter.com/i/status/1277911392876625920>

Shuttle runs

<https://twitter.com/PCABlackpool/status/1276070929932656641?s=20>

Throwing and catching

<https://twitter.com/PCABlackpool/status/1275707703566970881?s=20>

Speed bounce

<https://twitter.com/PCABlackpool/status/1275341459902914561?s=20>