



Welcome to the PCAbeactive



Sports Week 6th July – 10th

During the week of Monday 6th July - Friday 10th July take part in the PCAbeactive Sports week. We want to see all pupils attempting as many of the challenges as they can. All pupils participating will receive a medal for their efforts. Feel free to use whatever equipment you want to help you complete the challenges! **It's all about fun, doing your best and keeping active!**

To follow the school on Twitter please go to @PCABlackpool. You don't have to be on Twitter to see it, just Google search the name. Our Twitter feed can also be found on our main school website page.

Have a go at the different challenges throughout the week and record your scores on the score card.

You can see teachers demonstrating each activity on our Twitter feed. We want your child to practice the challenges ready for the Sports Week.

Please send in any videos or photos of your child completing a challenge or completed score cards to your class email address or post them on the school Twitter account. Don't forget to include #PCAbeactive

Throw and catch

How many times can you throw and catch a pair of socks above your head in 1 minute!

Useful tip:

Have your knees slightly bent and don't throw the socks too high.

Speed bounce

How many times can you jump two footed from side to side over a line of socks!

Useful tip:

Keep your eyes on fixed point rather than looking down or around

Shuttle runs

Taking only one object at a time how many objects can you place in a bucket which is 10m away in 1 minute.

Useful tip:

Push off with your strongest leg after each shuttle

Standing long jump

From a standing position how far can you jump taking off on 2 feet and landing on 2 feet.

Useful tip

Don't forget to use your arms to help you get further

PCActive sports week

Challenges!

Sock basketball

How many pairs of socks can you throw in bucket 5 metres away from you in 2 minutes?

Useful tip:

Use a big bucket!

Push Ups

How many push ups can you do in 30 seconds?

Useful tip:

Don't start off too fast!

Target Throwing

Set up your own coconut shy. How many objects can you knock over in 5 attempts?

Useful tip:

Aim for the lower objects first!

Sprint Race

How fast can you run! Time yourself running over a set distance. We recommend KS1 - 30m, KS2 - 50m, KS3 70m, KS 4&5 - 100metres.

Useful tip:

Have a low body position at the start of the race!

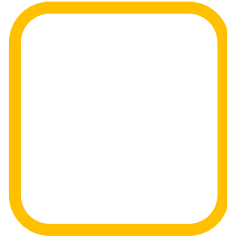
Throw and catch



How many times
in a minute?

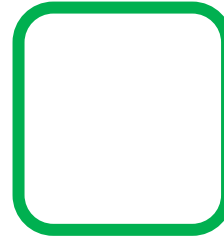


Speed bounce



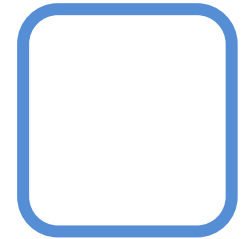
How many jumps in
30 seconds?

Shuttle runs



How many objects did
you take in 1 minute?

Standing long
jump



How far did you
jump in cms?



**PCActive Sports Week
Score Card**



Name: _____ **Class:** _____

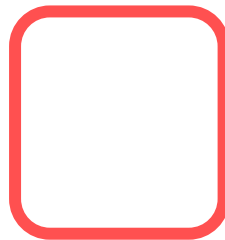


Sock basketball



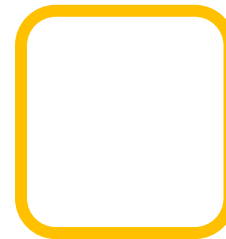
How many
baskets did you
get in 2 minutes?

Push Ups



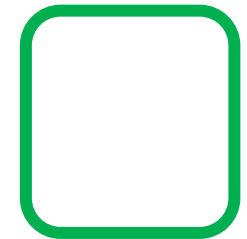
How many did you
do in 30 seconds?

Target Throwing



How many objects in
5 attempts?

Sprint



How many seconds
did it take you?