

End of term PE challenge

You might recognise some of the challenges from last year's #PCAbactive sports week but we have also added some new ones. Have some fun attempting them all and let your class teacher know how well you did!



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 #PCAbactive



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



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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!

Sit Ups

How many sit 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!

Catching

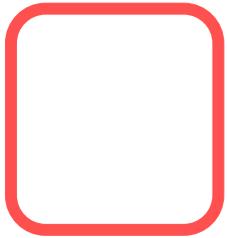
How many times can you clap between throwing a ball in the air and catching it

Useful tip:

Throw the ball straight up



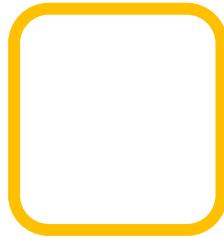
Throw and catch



How many times
in a minute?

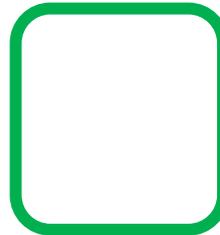


Speed bounce



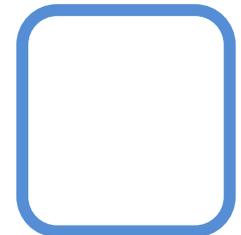
How many jumps in
30 seconds?

Shuttle runs



How many objects did
you take in 1 minute?

Standing long
jump



How far did you
jump in cms?

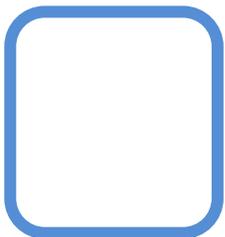


End of term PE challenge



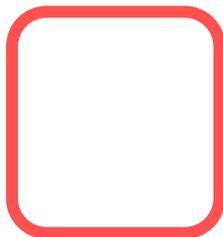
Name: _____ **Class:** _____

Sock basketball



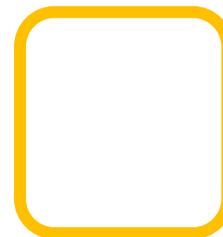
How many
baskets did you
get in 2 minutes?

Sit Ups



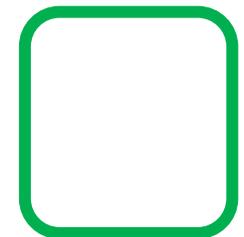
How many did you
do in 30 seconds?

Target Throwing



How many objects in
5 attempts?

Clapping



How many claps did
you make?

