



PE Skills!

Tick the numbered boxes when you've earned a new skill!

1 Write a shopping list but only include healthy foods.

2 Build an obstacle course.

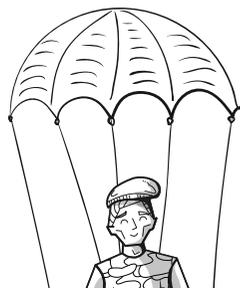


3 Improve your aim by playing skittles or bowling with a ball and plastic bottles you don't need anymore. You might need to fill the bottles with water to stop them falling over.

4 Use chalk to draw targets on your path then practise throwing a ball or bean bag to land in the targets.

5 Use a bed sheet to play parachute games with.

6 Use a balloon and see how long you can keep it in the air by hitting it. Time yourself and try and beat your best time.



7 Have your own sports day. Do an egg and spoon race, use an old pillow case for the sack race, use a toilet roll tube for the relay race and use a tape measure to see how far you can jump.

8 What is your favourite sport? Who is your favourite sports person? Think of questions you would like to ask them and write them a letter.

9 Have a look at the body challenge cards on www.stem.org and see how many you can do.



10 Learn about dances from around the world like the Diwali Stick Dance, Maypole Dancing and Spanish Flamenco Dancing. Have a go at joining in with the videos.

11 Draw the letters of the alphabet on the ground with chalk then jump between them to spell out your name.