

**Year 6 PE transition tasks**



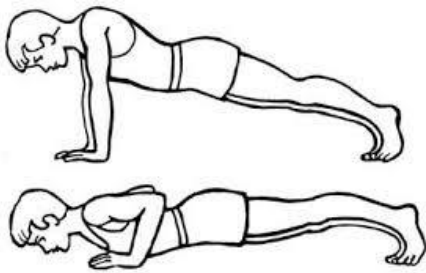
To be done twice a week

30 sec work 30 sec rest do each one twice

Count the number of reps you do

	1	2	3	4	5	6	7	8	9	10
Number done in 30 seconds										
Press Ups (full or half)										
Sit ups										
Squats with hands out in front										
10 metre run and back										
2 handed catches without dropping (ball in air)										
Alternate hand wall toss (ball against wall)										

Full Press up



Half press up



Sit up hands on temple or ears –not behind head



Squats

