

PE Challenges – Week 1

	PHYSICAL Challenge (find at link)	ME in PE Challenge (THINKING, PERSONAL, SOCIAL, HEALTHY)	Your Score and ideas
Challenge 1	Human Net https://www.youtube.com/watch?v=H_QGGBauTH8	SOCIAL – Can you help your partner to be successful in this challenge?	
Challenge 2	Triple Jump https://www.youtube.com/watch?v=PuzgcWjuzz0	SOCIAL – Can you show and coach other Family Members to complete the Triple Jump?	
Challenge 3	Shuttle Ball Run https://www.youtube.com/watch?v=hH8Gb7znUrl	THINKING – Can you complete your own shuttle circuit with new ideas?	
Challenge 4	Passing Challenge https://www.youtube.com/watch?v=BqmZ1BJaraE	THINKING- Can you make this activity harder / easier by changing Space/Equipment?	
Challenge 5	Slam Ball https://www.youtube.com/watch?v=R9J7qnE-Wb4	THINKING – Can you create a new rules and scoring system to make this challenge competitive?	

Each exercise has 2 levels: challenge level and simplify. Have a go at both levels!

Also complete the ME in PE challenge every day to help you develop your overall PE skills: thinking, physical, health, social, personal. Let us know how you get on:

1. Message us your scores for each activity.

2. If you can share a photo or video of you completing the daily challenge on the schools Twitter page. With your family's permission.

Remember be safe- your partner for the challenges needs to be from your own household and any family member you train needs to be from your household too.

You can find all videos the challenges by typing in:

<https://www.youtube.com/channel/UCY51Fr5v8a4GOIAURp9h0uw/playlists>

HUGE THANKS TO WINDSOR ACADEMY TRUST IN THE WEST MIDLANDS

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