





PE Activities/Challenges

Fitness	Indoor/outdoor activities	Co-ordination	Outdoor games	Relaxation and stretching
 Cycle or  Walk or  Run 1KM, 3KM, 5KM	Play what time is it Mr Wolf?	Fast feet – how many times can you dribble a ball/object around a marker and back in 60 seconds?	Play football.	Lay on the floor on your back. Close your eyes and lay still for 2 minutes. (Can you be quiet?)
How long can you hold the plank for? 	How long can you skip for?	Wastepaper Basketball – how far can you shoot a ball/pair of socks from into a bin?	Play stuck in the mud.	Put on your favourite piece of music and freestyle dance for 5 mins.
How many star jumps can you do in 30 seconds?	Practice flossing	Keepy uppy challenge – How many can you do? Try using different types of balls or objects.	How many times can you throw and catch to yourself?	How long can you hold a straddle shape for?
How many times can you speed bounce over a line in 30 seconds?	Play hop scotch	Can you juggle ?	How many times can you throw and catch with a partner?	From standing practice touching your toes.

Can you find a challenge to complete from each column?

Make sure you are being safe!