

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?	
<p>Each exercise has 2 levels: challenge level and simplify. Have a go at both levels!</p> <p>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:</p> <ol style="list-style-type: none"> 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. <p>You can find all videos the challenges by typing in:</p> <p>https://www.youtube.com/channel/UCY51Fr5v8a4GOIAURp9h0uw/playlists</p>			