

Personal Challenges –

The personal challenge will involve you doing activities for 40 seconds without stopping .Then repeating this every day to beat your score. How many can you do?

WEEK 1-

Activity	Days of the week – Score				
	M	T	W	T	F
Jumping on the spot					
Star Jumps					
Hopping on the spot					

WEEK 2- let us try for 60 seconds.

Activity	Days of the week – Score				
	M	T	W	T	F
Can you skip on the spot for 60 seconds?					
Can you run on the spot for 60 seconds?					
How many jumping jacks can you do in 60 seconds?					

Useful links for active activities –

Cosmic kids - <https://www.cosmickids.com>

Premier league –Solve , Shoot and Score -
<https://plprimarystars.com/for-families/play-game>



WHFCS KS1 PE

Choose one school games value like the ones below and design me a logo that I can use in school.



Can you draw yourself playing your favourite sport?

