

Monday 1st March 2021 Class 1 PE challenges

Why not give some of these challenges a go and enjoy some fresh air and (hopefully!) sunshine.

Counting Catch

Using a soft object, count how many times you can throw and catch the object without dropping it. Record the result and keep trying to beat the score. This could be done with a partner or individually.

Bouncing on the Spot

Make a spot on the floor, large enough to bounce your ball on. You could use things such as chalk, tape or an old T-shirt. Stand next to your spot, bounce the ball on it and try to catch it. How many times can you do this without dropping it?

Back to Me

Kick a ball against a plain section of wall. Can you get the ball to return to you? Next, see how many times you can kick the ball against the wall without stopping it or it going off track. Keep practising to see if you can beat your score.

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