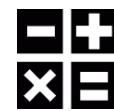
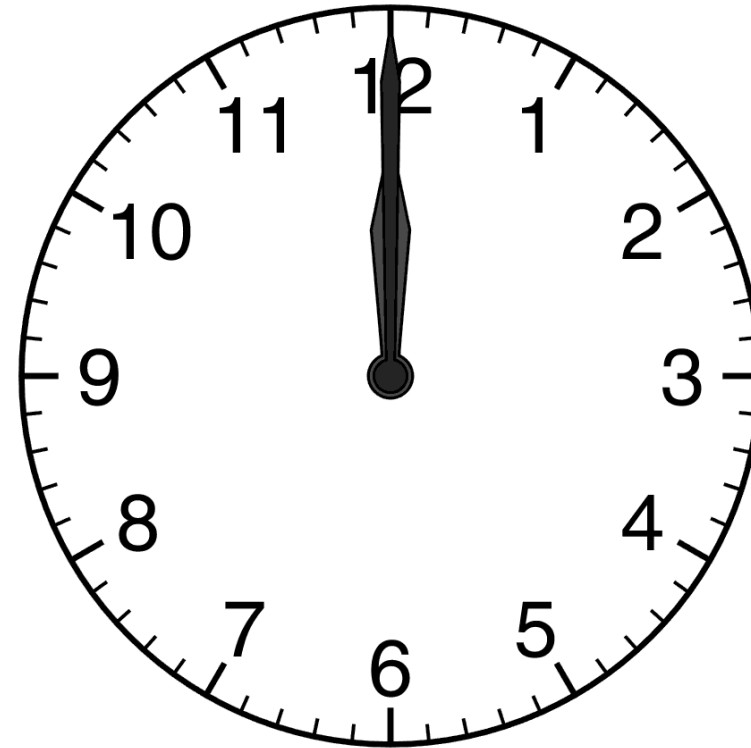


Daily Challenge - PE and Maths #17



On time 1 hour challenge

Choose your activity	
Press ups	
Sits ups	
Running laps	
Skipping	



Instructions

Choose your activity

Start on the hour (any hour is suitable)

When the minute hand gets to the next number complete the activity for that time. Rest in-between.

Basic challenge = 1 at 5 past, 2 and 10 past etc.

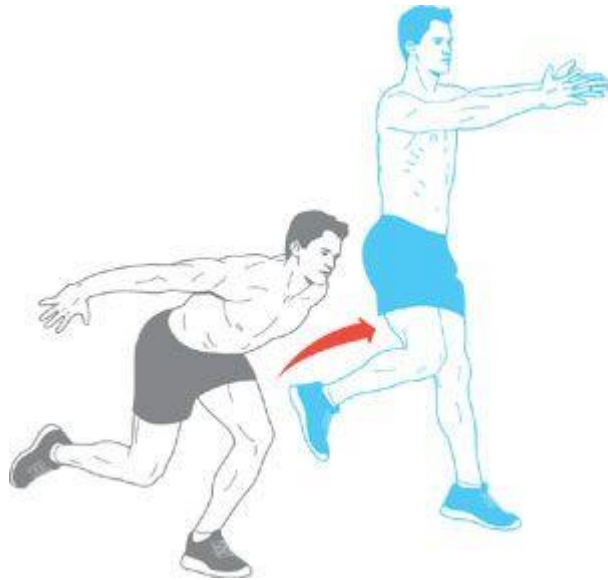
Advanced challenge = 5 at 5 past, 10 at 10 past etc.

Further maths= Work out the total number activities.

Add up all you have completed

Skills Challenge #7

Focus on: **Balance**
and power



The skill: Hop to it

1. Decide what leg to start on
2. Hop as many times as you can for 60 seconds
3. Record your scores
4. Repeat on opposite leg



3 Attempts | different legs | Record your scores |
What is your personal best?

Hop to it	Left Leg	Right Leg
1 st Attempt		
2 nd Attempt		
3 rd Attempt		

Personal Best: Challenge

Head to head | Record your scores | Who wins?

	Player 1 Score:	Player 2 Score:	Winner
Left Leg			
Right Leg			

Vs Challenge

