

Skills Challenge #8

Focus on:

Speed and agility 

The skill: Speed bounce

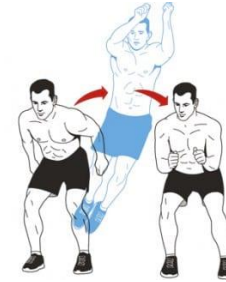
1. Choose or set up a line
2. Two foot jump over the line
3. Jump over the line as many times as you can in 60 seconds
4. Record your score



Personal Best: Challenge

3 Attempts | 60 Second jumps |
Record your scores
What is your personal best?

	Score:
1 st 60 Seconds	
2 nd 60 Seconds	
3 rd 60 Seconds	



Head to head | Best of three | Record your scores
Who wins?

	Player 1 Score:	Player 2 Score:	Winner
1 st 60 Seconds			
2 nd 60 Seconds			
3 rd 60 Seconds			

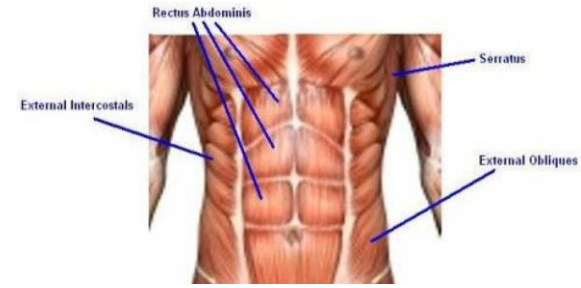
Vs Challenge



PE SCHOLAR

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Abdominal Crunches



BRONZE CHALLENGE:

**PERFORM 30 ABDOMINAL
CRUNCHES.**

SILVER CHALLENGE:

**PERFORM 50 ABDOMINAL
CRUNCHES.**

GOLD CHALLENGE:

**PERFORM 80 ABDOMINAL
CRUNCHES.**

Check your technique!

- Lay on your back with the knees bent and place your hands on your thighs.
- Lift the head, neck and shoulders off the ground and slide your hands up, towards your knees.
- Try to keep the same gap between your chin and chest to avoid straining the neck.
- Slowly return to the start position.

