

Daily Challenge - PE and Maths #23



Coordinates

Instructions

Using the coordinators below
Complete the work out in the correct order

Each activity is 20 reps or hold for 30 seconds

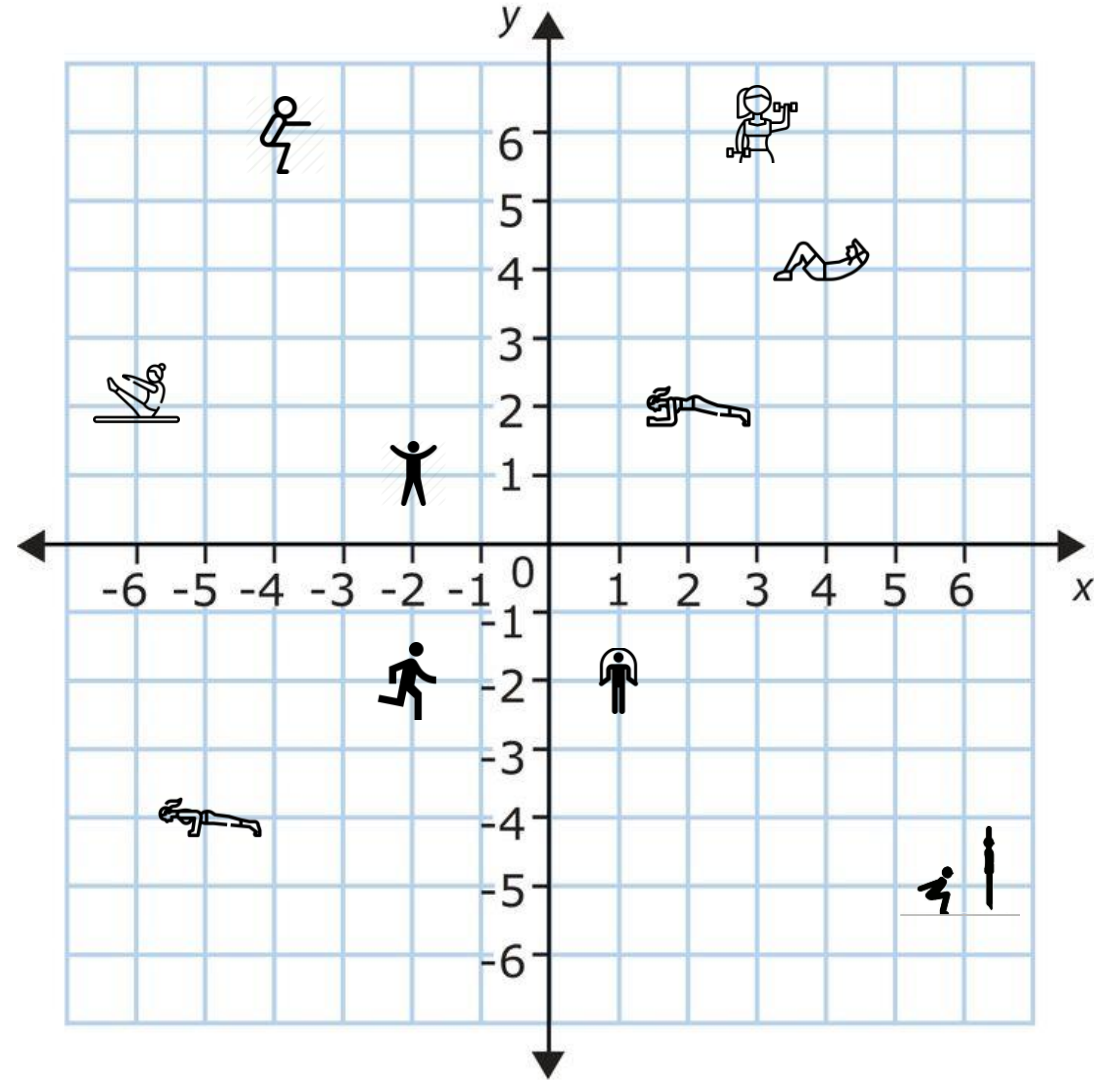
Remember:

(2, 4)

1st Number X axis- left or right

2nd Number Y axis - Up or down

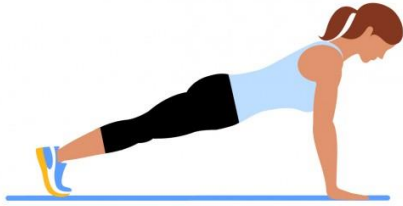
1.	(2,2)
2.	(1, -2)
3.	(-4, 6)
4.	(-2, -2)
5.	(-6, 2)
6.	(3, 6)
7.	(6, -5)
8.	(-2, 1)
9.	(4, 4)
10.	(-5, -4)



Skills Challenge #21

Focus on:

Endurance



Head to head | Race to the top | Best time wins

	Player 1 Score:	Player 2 Score:	Winner
Total climb time			

Vs Challenge

The skill: Climb the Gherkin

1. Climb 1037 steps in 5 days
2. Using the mountain climber exercise
3. Complete 208 steps each day
4. Time each day and add together for total time



Personal Best: Challenge

5 Days | 208 Steps |
Record your times | Add your times |
What is your personal best day?

Climb time	
Day 1 (208 steps) time	
Day 2 (208 steps) time	
Day 3 (208 steps) time	
Day 4 (208 steps) time	
Day 5 (208 steps) time	
Total time	

