

PE Challenge cards.

How many times can you throw and catch a ball/balloon/ bean bag/ soft toy?

In a safe space, see how many times you can throw and catch an object to yourself. If you drop it start back at 1 and count again. Keep record of your score and see if you can beat it each day!



How many step ups can you do in 1 minute?

Use your stairs for step-ups. Step up with your right leg first, then your left, then come back down with your left leg first. Alternate which leg you start with. (Facing up the stairs)



The crab walk

Can you crab walk around an indoor space or outside on some grass?
Can you crab walk faster, backwards or forwards?
Can you crab walk sideways?
Can you have a race with a buddy?



Arm Circles

Start with you arms out straight to the side. Make small circles slowly making them bigger. Can you make your circles go backwards?

Can you do this for a full 30 seconds keeping your arms as straight as possible before going for a whole 1 minute?



Star Jumps

How many star jumps can you do in one minute?

Keep a record of your score and see if you can beat it each day.



Football

Control a ball using your feet, watching the ball the whole time.

If you are lucky enough to have access to some outside space you could see how far can you kick the ball? Or how many times you can pass a ball to a partner.

