



Easter PE Challenge 2021

Name: \_\_\_\_\_ Class: \_\_\_\_\_



Complete all challenges during the Easter Holidays to be entered into a draw to win a prize.

|                                                     |                                            |                                                         |                                 |                                          |                                                 |
|-----------------------------------------------------|--------------------------------------------|---------------------------------------------------------|---------------------------------|------------------------------------------|-------------------------------------------------|
| Jump on the spot 50 times                           | Play musical statues                       | Ride a bike or scooter                                  | Balance on 1 leg for 60 seconds | Jump over a pillow 40 times              | Play hide and seek                              |
| Hop on the spot for 60 seconds (Swap legs)          | Balance in a plank position for 60 seconds | Pass a ball around your waist 25 times                  | Balance an object on your head  | Keep a balloon in the air for 60 seconds | Perform 50 star jumps                           |
| Complete 20 shuttle runs                            | Skip for 2 minutes                         | Dribble a ball with your hands in and out of objects    | Perform 40 squat jumps          | Create and complete an obstacle course   | Throw an object into a target 10 times in a row |
| Dribble a ball with your feet in and out of objects | Perform 40 squat jumps                     | Throw and catch a ball against a wall or with a sibling | Walk up and down 250 steps      | Perform 30 burpees                       | Play a sport with a sibling, parent or carer    |
| Perform 30 push ups                                 | Create and perform a dance routine         | Perform a 5 minute fitness workout                      | Perform 40 sit ups              | Create and perform a gymnastics routine  | Invent and play a new sport                     |

### How to play:

- Once you complete a physical activity tick it off.
- Can you complete the activities in the blue circles in less than 60 seconds?
- If you are finding some of the activities hard, have a rest and then continue.
- When performing the activities make sure that you are **honest**.

### Achieve Gold

Complete all the activities on the card



### Achieve Silver

Complete a horizontal or vertical line of activities



### Achieve Bronze

Complete one activity from each line

