

## PE challenges

Can you do 3 Full Turn Jumps on the spot, at the same speed and landing with control?
Can you jump from the ground onto the couch/ bed, landing taking off 2 feet and landing on 2 feet without falling?
Can you balance on one leg and move your arms like a windmill in opposite directions?
Can you do 3 jumps, straight into a forward roll then straight into 3 jumps again?
Can you get someone to throw a ball to you and hit it with a bat? Can you mark where the ball lands and beat this target?
Can you time how long you can run on the spot without having to stop?
How quickly can you complete 10 press-ups and 10 sit-ups?
Can you carry the shopping bags into your kitchen for your parents?
Can you do a backbend or crab?
Can you spelling words whilst throwing and catching a ball between you and your family?
Can you invent a new game with your parents that involves a ball and a score system?