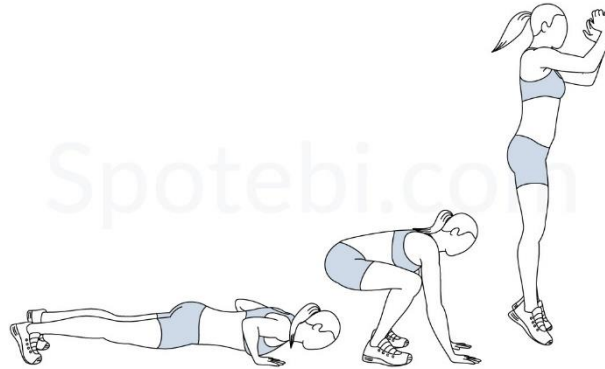


St Aidans PE Challenges Years 4, 5 & 6

Monday: How many squats can you do in 1 minute? Add a jump at the end of your squat if you want to make it harder.

Tuesday: How many burpees can you do in 1 minute? See picture below:



Wednesday: How many sit ups can you do in 1 minute?

Thursday: How long can you hold a plank for, see picture below:



Friday: Roll up pairs of socks and have 10 goes at throwing them into an empty cooking pan. You can put the pan closer or further away from you depending on how well you are doing or move it around the house.

Keep track of your scores and any video evidence you gather and email them into your class teachers. Have as many attempts as you want to beat your own score.

Try enjoy nice long walks as often as you can and do PE with Joe Wicks at home every day on Youtube.