



Physical Development

1. Try Miss McKelvey's PE challenge on Facebook and let her know your score here:

<https://forms.gle/rT5rNi7aYsuQiz9VA>

60 Second Challenge
Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge
How many times can you throw a ball up, clap once and catch it in 60 seconds?
The ball must go above your head.
If you drop the ball, carry on counting your score from where you left off.

#StayHomeStayActive

Equipment
A ball
If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold 35 catch and claps 1

Achieve Silver 25 catch and claps 2

Achieve Bronze 15 catch and claps 3

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2. Can you make a movement game outside? Place an item or obstacle (this could be a cone, a box, a chalked line or even a lamppost if you are playing on the pavement) at either end and move between them in different ways. How many different ways of moving can you think of? To make it even more exciting, you could use your ideas to create a spinner like this one:

