



Physical Development

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

60 Second Challenge
Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge
How many star jumps can you complete in 60 seconds?
Make sure you clap your hands above your head and bring your feet together.

#StayHomeStayActive

Equipment
Just yourself and enough space on the floor!
Why not compete against a family member?

Achieve Gold
60 Star Jumps

Achieve Silver
45 Star Jumps

Achieve Bronze
30 Star Jumps

Complete P.E. | YOUTH SPORT TRUST | 25 | Believing in every child's future



2. Try this Cosmic Kids yoga video about a mermaid!

<https://www.youtube.com/watch?v=U1UcBGlif50>

