Sport and Fitness Challenge

KS2- can you answer some of the challenge questions?

- Join in with a Joe Wicks PE session. Weekday mornings on YouTube. What was your favourite exercise? What part of your body/muscle does it use/strengthen?


- Find a healthy recipe to make and eat. Sweet or savoury. Why is it healthy? Did you like it? Would you change anything? Would the teachers like it?

- Make an obstacle course. Use whatever you can find outside- trampoline, football, rocks, goals, garden steps, hoop, skipping rope, sticks- the list is endless! At least 5 obstacles that keep you entertained- you can include lifting, pulling, moving. It’s up to you!

- Fly a kite. Haven’t got one- don’t worry- make one! (ooh, would this count towards another badge?) How long does it stay in the air? Can you steer it?

- Make up your own exercise routine and teach someone else. It could be fitness, cardio, yoga, Pilates or a mixture! 10 different exercise/positions. Which category does it fall into? What part of your body/muscle are you using? I.e. deltoids – shoulder muscles.

- Design a kit for your favourite sporting activity. It could be netball, hockey, football, tennis, swimming, running etc. Why is it suitable for that sport? What material would you use? Why?

- Beat your score! It’s a personal challenge! Press-ups, star jumps, bunny hops, sit-ups, skipping. How many can you do in one minute? Do it again, can you beat your score? Did you change, adjust something? (position, place etc) What about ‘keepy-uppys', bat and ball? What can you use instead? Bean bag, balloon, different sized balls, loo roll?? What did you find easier? Harder?

- Dance!! Who doesn’t love to dance? Just ask Holly Class! Blast the music and dance away! Will you make up a routine or just move to the beat? Can you get everyone at home joining in or facetime a relative/friend/neighbour? (Did you just help someone else?) Make a playlist with different beats, do you prefer slow beats or faster?

- Hold a family sports day. Running race, egg and spoon, dressing up? 3 separate races. Will you split into teams or race against each other? Is it timed? Have different distances for different ages-be kind to the grown-ups!

Can’t wait to see your amazing achievements! Good luck