

PHYSICAL EDUCATION

LOCKDOWN CHALLENGE

WEEK: 2

Welcome to this weeks PE Challenge
Complete CHALLENGE 1 and the **COMMUNITY COMPETITION**. More **RED HOT CHALLENGES** and worksheets are on Google Classroom.

CHALLENGE 1

Perform the following exercises as described. How many circuits did you manage? Challenge your family, who is the fittest?

Fast & Furious

Beginner: 3 sets Intermediate: 4-5 sets
Advanced: 6 sets



COMMUNITY COMPETITION

Finally, complete the community competition and post your score in the Google Classroom form.

MAY THE BEST COMMUNITY WIN!

BEAT THE
TEACHER

MR CHILDS

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60 Second Challenge Burpees

Do you keep trying even when you want to give up?

The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.

#StayHomeStayActive

