



This week our PE lesson is all about Minute to Win It. You have 10 activities using items from around the house.



I. Towel Challenge

- Place a towel 3-5m away from a away.
- Perform 3 star jumps
- Throw your sock ball on the towel
- IF IT LANDS ON THE TOWEL FOLD IT IN HALF.
Take sock and go back to the wall perform 3 star jumps and repeat. Once folded in half 3 times. Start the process again and unfold it back to a larger towel.
- If you miss go back to the wall perform 3 star jumps, then throw again.

2. Squat

- How many squats in a minute?

3. Bottle flip challenge

- Perform 3 squats then 3 attempts to land a bottle flip.
- If landed 1 point earned, start again 3 squats 3 bottle flips.

- 4. Flip a coin in the air and try and catch it in your pocket if not wearing pockets. Flip in air and catch with your hands.
- 5. Press up - spin round. - press up position and move round in a circle back to the same spot = 1 rep.
- 6. Frying pan tennis. (or tennis racket) - how many times you can keep the ball up without dropping. If it drops keep your score and try and beat it.

- 7. How many burpees

- 8. Cookie.

Place on your forehead and try and scrunch your face to fall into your mouth.

- 9. Bench press with books.

- Lie on your back on a chair, place books on your hands then push them up and n the air.

- 10. Wall sit with throw and catch.

- Hold a wall sit, throw the ball up in the air and catch.

- How many throws and catches can you do?

How did you get on?

