

Sport Challenges

Miss Critcher and Mr Cotter will be setting weekly PE challenges throughout Term 3.

It will be great for you all to join in, below you will see KS2 challenges for this week.

KS2 Challenges- Tasks-

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<p>Challenge 1- Mountain Climbers</p> 	<p>How many Mountain Climbers can you do in 1 minute?</p> <p>Remember to keep the top part of your body as still as possible and replace your feet on the floor as fast as you can. To challenge yourself, see if you can jump your feet to each side while staying in front support position.</p> <p>Research- Can you find 5 facts about the tallest mountain in the world?</p>
<p>Challenge 2- Dish Kicks</p> 	<p>Are you able to do 20 Dish Kicks without stopping?</p> <p>While staying in dish position see if you can change the direction of your legs or see if you can do a couple of V-Sits. Remember if you want to challenge yourself during Dish position extend your arms to the ceiling.</p> <p>Question- What muscles are you working on during this exercise?</p>
<p>Challenge 3 – Floor Balances</p> 	<p>How many seconds are you able to hold each floor balance for?</p> <p>Remember to focus while you are balancing and keep your body as still as you can.</p> <p>Idea- Create 3 new floor balances and draw yourself balancing in each position. Write down next to each drawing the muscles you are engaging while you are balancing.</p>