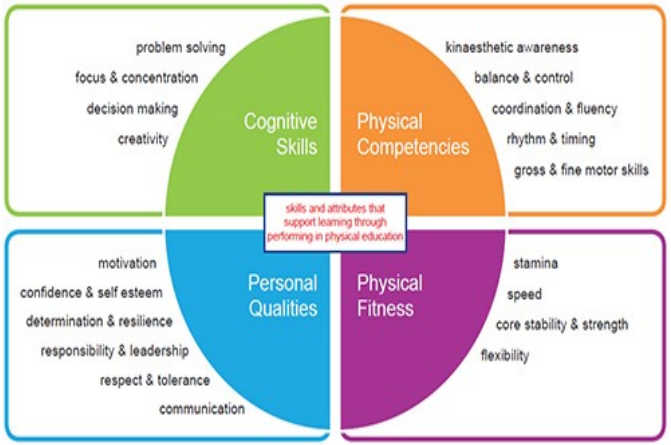
You can make up your own learning challenges here. Do you have a PE challenge you would like to set the class?

1.

2.

3.



If you have access to Twitter, it would be great if you could upload any photographs of you completing these challenges. Please tag the school so that we can see them on our feed.

@KinrossPrimaryS

#pefamilylearning

Thank you for taking on the challenge!

KINROSS PRIMARY SCHOOL

PE Family Learning Challenges Second Level

Learning Challenges

Name -

Class -

Can you write a paragraph about your favourite sports person and why you admire this individual? What are their strengths? What makes them so good at their chosen sport? What have they managed to achieve in their sport?

Plan and organise a sports day with your family or friends. What events are you doing? What equipment do you need? Obviously I hope you win!

Keep a record of how you keep healthy for a week. What did you eat? What physical activity and exercise did you do? How long did you sleep? Continue to maintain your healthy lifestyle by creating a healthy eating plan for your family.

Design a fun new game with a set of rules that 'Buddies' can play with younger children. Try and use minimal equipment so it can be played at anytime with your buddy class.

Can you design a playground game which could be played by you and your friends to keep physically active? Remember you only have minimal equipment to use and share.

You have just completed basketball and attacking and defending tactics. Can you design a zonal marking formation for a team of 5 and discuss the strength and weaknesses of this zonal marking compared to man-marking. Do you believe you are better suited to man marking or zonal marking in fast paced invasion games? Explain your reasoning.

What is your favourite song on the radio? Can you create a short dance routine for this song? Keep to the beat and be creative.

Can you draw out 4 squares joined together. Can you design a gymnastics routine using the 4 mats. Can you include jumps, different ways to travel, balances with various body parts, rolls or rotations. Can you be creative and travel in different directions, heights, pathways. Can you perform this sequence in the gymnastics lessons?

Can you challenge yourself to do a home fitness work out? How long should it last? Can you increase the time limit the fitter you get? What exercises can you include? An example could be 1 minute running on the spot, 1 minute of star jumps, 1 minute of burpees, 1 minute of sit ups. Take 30 seconds rest between each exercise. Too easy? Too hard? Adapt it to suit your fitness level.

How many star jumps can you do in 1 minute? Too easy? How about how many sit ups? Press ups? Step ups on the bottom step in your home? Challenge yourself

Do you enjoy running? Get down to the Kirkgate on a Sunday morning for Parkrun. It's a great way to get out and have a run, with officials to ensure you are safe. They will time your run. Can you beat your time next time? Can't make it, see if someone at home would like to go a short run with you.

How fast can you perform 20 burpees? Make sure your legs are straight out when you jump back, then tucked into your chest before springing up. Ensure good technique, this is more important than speed.

Draw and design a football kit for your house team? Use your house colours. Make it creative and unique.

Do you like football? Think of your favourite midfielder. What fitness qualities does he/she require to perform his role to such a high standard? What about his personal qualities (determination/motivated etc.)? Are they just fit and determined? Do they have to use their brains to be good in their position? Give a short explanation of all the different skills you think this person has to be your favourite.

Are you confident in water? Yes, great get along to Loch Leven swimming pool and get in some lengths with your family and friends. No, see if someone who is confident will take you down to practice or take you to get extra lessons. Swimming is a great skill to have.