

JUNE 2020 PE EVERY DAY CHALLENGE

EdStart want you to keep as active as you can throughout lockdown. See if you can take part in these challenges everyday for the whole of June.

What level can you achieve?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1ST Can you find a household item and balance it on your head for 1 minute? Be Careful!</p>	<p>2ND Can you find another household item, balance it on your head and walk around for 1 minute?</p>	<p>3RD Standing Long Jump Stand with both feet together, swing your arms and power forwards landing on both feet. Measure the distance.</p>	<p>4TH Long Jump with run up Mark a line on the floor. Run up to the line and then take off on one foot, swing your arms and land on both feet. Measure the distance.</p>	<p>5TH Family Long Jump Can you challenge your family/ household members? Can they beat your distance?</p>	<p>6TH Create an obstacle course and time yourself doing it!</p>	<p>7TH Repeat your obstacle course and see if you can beat your time.</p>
<p>8TH Shuttle Runs Mark out an area of about 6-10 metres. How many times can you run the distance in 30 seconds?</p>	<p>9TH Lunge Walks Mark out an area of about 6-10 metres. Complete 15 per leg.</p>	<p>10TH & 11TH On the Spot Sprints Find your pulse. How many times does it beat in one minute? Now sprint on the spot for 30 seconds. Check your pulse again. What has happened to it? Repeat this and see if you can lower your pulse rate.</p>		<p>12TH & 13TH Body Parts - Shuttles Write the following body parts down separately on small pieces of paper. Knee cap / Shoulder / Elbow / Spine / Bottom / Forehead / Toes / Fingers / Ankle / Hip Place the body parts in a hat and put them 5 metres away from you. You must sprint out and pick one piece of paper each time. Sprint back and stick the paper in the correct place on you or somebody elses body. Time yourselves!</p>		<p>14TH Potato and Spoon Race Mark out an area of about 8-10 metres. Can you make it there and back without dropping the potato?</p>
<p>15TH Speed Bounce Mark a line and see how many times you can jump 2 footed either side of it in 1 minute.</p>	<p>16TH Speed Bounce Mark a line and see how many times you can hop either side of it in 1 minute.</p>	<p>17TH Paper Throw Challenge Screw up a piece of A4 paper or newspaper and see how far you can throw it with an overarm throw.</p>	<p>18TH Paper Throw Challenge Screw up a piece of A4 paper or newspaper and see how far you can throw it with an underarm throw.</p>	<p>19TH Target Practice Choose an object as a target. Get 5 pairs of socks to throw. Stand about 8 metres away from the target. Time how long it takes you to get the 5 pairs of socks into the target.</p>	<p>20TH Sack Race Sacks: Pillowcases, bin bags, or carrier bags Mark out an area of about 10 metres. You have 1 minute to complete as many lengths of the track as you can, with your feet inside the sack. Use two footed jumps to move forward.</p>	<p>21ST Family Sack Race Mark out an area of about 10 metres. Challenge your family members to a race or a timed challenge. Who can complete the most lengths in 1 minute?</p>
<p>22ND Clock Jump Lay out 4 markers at the 12, 3, 6 and 9 positions of a clockface about 2 metres apart. Start in the centre of the markers. Once the timer begins, you must jump towards each marker and back. 1, 2, 3, 6 & 9. Keep going for 1 minute. How many can you get to?</p>	<p>23RD Bottle Flip A plastic 500ml water bottle with roughly 175ml of water in it and tighten the lid. You must try and flip the water bottle onto the table, getting the bottle to land upright. You have 1 minute to complete as many landings as you can.</p>	<p>24TH Bottle Javelin Using the same bottle as yesterday. Fill it full of water and tighten the lid. You must use it like a javelin and see how far you can throw it. DO NOT DO THIS INDOORS. USE AN OPEN SPACE.</p>	<p>25TH How many times can you throw and catch a ball or pair of socks with one hand in 1 minute?</p>	<p>26TH How many Sit Ups can you do in 30 seconds?</p>	<p>27TH Round the world Get a ball or a teddy and see how many times you can pass it round your body in 1 min.</p>	<p>28TH Shoulder Taps Get into the press up position. See how many times you can alternately tap your shoulders in 1 minute. Left hand taps right and right hand taps left.</p>
<p>29TH Sports Day Create your own sports day using some of the activities you have practiced throughout the month.</p>	<p>30TH Family Sports Day Challenge your family to the sports day you created yesterday.</p>					