

De Ferrers PE transition challenges

Monday	Tuesday	Wednesday	Thursday	Friday
<p>How many can you do?</p> <p>Using a ball or toilet roll</p> <p>How many keepie ups can you do?</p>	<p>How long can you hold?</p> <p>Try to hold the plank for 45 seconds</p> <p>Try to hold a wall sit for 1 minute 30 seconds.</p>	<p>How many can you do?</p> <ul style="list-style-type: none"> -Squats -Sit ups -Press ups -Burpees -Star jumps 	<p>How far can you go?</p> <p>Run/ Walk/ Jog or cycle as far as you can with permission from parent/ guardian.</p>	<p>Time challenge.</p> <p>5 press ups 10 Squat 15 Sit ups 20 Star jumps 30 seconds rest</p> <p>Repeat Twice</p>
<p>How many did you do?</p> <p>_____</p>	<p>How long did you hold?</p> <p>Plank _____</p> <p>Wall Sit _____</p>	<p>How many did you do?</p> <p>Squat ____</p> <p>Sit ups ____</p> <p>Press ups ____</p> <p>Burpees ____</p> <p>Star Jumps ____</p>	<p>How far did you travel _____</p> <p>How long did it take _____</p>	<p>What was your time?</p> <p>_____</p>

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<p>How many can you do?</p> <p>How many tuck jumps can you do in 45 seconds?</p>	<p>How long can you hold?</p> <p>Try to hold the plank for 50 seconds</p> <p>Try to hold a wall sit for 1 minute 45 seconds.</p>	<p>How many can you do?</p> <ul style="list-style-type: none"> -Standing long jumps -Leg raises -Squat thrusts -Side to side jumps -Sit ups 	<p>How far can you go?</p> <p>Run/ Walk/ Jog or cycle as far as you can with permission from parent/ guardian.</p>	<p>Time challenge.</p> <p>Using a ball/ socks how many times can you throw it against a wall and catch it with the other hand. Repeat Twice</p>
<p>How many did you do? _____</p>	<p>How long did you hold? Plank _____ Wall Sit _____</p>	<p>How many did you do? Standing jumps ____ Sit ups ____ Leg raises ____ Squat thrusts ____ Side to side jumps ____</p>	<p>How far did you travel _____</p> <p>How long did it take _____</p>	<p>How long did you keep the object in the air? _____</p>

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Create task

Can you create a poster that will be displayed on the walls at deFerrers?

Your task-

Create a poster on a sport of your choice, this may include your favorite team/ player or athlete, background information on the sport, pictures, records, past and present heroes.

These can be sent via email to aarnold@deferrers.com or handed in to your primary school teacher

Sports at DFA-

Rugby
Football
Netball
Hockey
Gymnastics
Dance
OAA
Handball
Fitness
Athletics (All events)
Rounder's
Cricket
Softball
Ultimate Frisbee
Parkour