

Sports Week!

This week we challenge you to participate in as many sporting activities as you can!

This may be riding your bike, jumping on a trampoline, going for a long walk as well as many more.

Challenge 1

Can you record how long you have participated in physical activity?

Can you increase the length of time you have been active for each day?



Challenge 3

Create your own Sports Day!

What events will be at your sports day?

Can you create a poster to advertise your sports day?

<https://www.youtube.com/watch?v=1utfGpHSNHE&list=PLemcx8qcUKRz1Bw9bbY9hFB6RFbvbjrBK&index=6>



Challenge 2

Can you create your own sporting event?

How do you participate in your event?

What equipment do you need to participate?



Challenge 4

Research a new sport!

You may wish to learn about:

Dressage, Lacrosse, Triathlon, Decathlon, Archery, Fencing, Volleyball or a sport of your choice!

