**Chadsgrove Weekly Fitness Challenges**

Practice the weekly challenge every day

Post your results on Twitter

Chadsgrove\_PE@ChadsgroveP

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|  | Week beginning | Challenge |
| 1 | Monday 20th April | **Balance Challenge**  Balance an object of different parts of the body, how long can you hold them for? |
| 2 | Monday 27th April | **Keepy Uppie Challenge**  How many keepy uppies can you do with a balloon |
| 3 | Monday 4th May | **Catching Challenge**  How many catches can you do before the ball or object fall onto the floor |
| 4 | Monday 11th May | **Bowling Challenge**   1. How many skittles can you knock down? 2. Can you hit the wickets |
| 5 | Monday 18th May | **Throwing and Aiming Challenge**   1. Push an object off your knee into a bin 2. Throw an object/ball into a bin |

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| Name | | | Make the challenge easier use a larger ball/object  Make the challenge harder use a smaller ball or increase the distance | | | | |
|  | Week beginning | Record your best attempt | Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 | Monday 20th April | **Balance Challenge**  Balance an object on different parts of the body, how long can you hold them for? |  |  |  |  |  |
| 2 | Monday 27th April | **Keepy Uppie Challenge**  How many keepy uppies can you do with a balloon? |  |  |  |  |  |
| 3 | Monday 4th May | **Catching Challenge**  How many catches can you do before the ball or object fall onto the floor? |  |  |  |  |  |
| 4 | Monday 11th May | **Bowling Challenge**   1. How many skittles (plastic bottles) can you knock down? 2. Can you hit the wickets |  |  |  |  |  |
| 5 | Monday 18th May | **Throwing and Aiming Challenge**   1. Push an object off your knee into a bin 2. Throw an object/ball into a bin |  |  |  |  |  |