**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
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| 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/objectMake 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
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