

Year 1 & 2 PE Challenge

Part 1

- Do as many of the exercises below for 20 seconds.
- 5 activities / 20 seconds on / 40 seconds rest.
- Repeat all 5 activities twice (10 minutes) Repeat 3 times (15 minutes).

1. Squats
2. Boxing Punches
3. Jumps Up And Down
4. Hops
5. Sprinting on the spot

Part 2

1. 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.
2. How many times can you stand up and then touch your toes in 30 seconds?
3. How many times can you throw and catch a ball or pair of socks with both hands in one minute?
4. How many times can you throw and catch a ball or pair of socks with one hand in one minute?