

Year 5 PE

Week Beginning 29th June

Wow active cards (see below and on year 5 self-study tab) and then 'Chance to shine' cricket lessons 4,5,6.

https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_726591054201587030329536

https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_991011545111587376839180

https://www.chancetoshine.org/staying-active-during-the-covid-19-outbreak#h_365327800581587985735960

Challenge Card 11

SUPERHERO BALANCE



Put 1 arm straight out in front & lift opposite leg back
Lean forward as far as you can keeping your balance

CHALLENGE

To hold for the count of 12 on each leg

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REVERSE GET UPS



Lie on your front with hands level with shoulders
Push up into a front bridge bringing knees into chest
Stand up with arms above head then return safely to the floor

CHALLENGE

To do 14 with the correct technique

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FRONT BRIDGE ONE ARM

Hands and feet only on the floor
Lift up and hold body keeping back and arms straight. Lift up one arm keeping your body straight and still



CHALLENGE

To hold for the count of 10 on each arm

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JUMPING SIDE TO SIDE

Jump in a sideways direction keeping feet together
Land with soft feet & bent knees



CHALLENGE

To do 18 with the correct technique

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STAR JUMPS

Jump with your arms and legs out to make a star shape
Jump back in to start position



CHALLENGE

To do 22 with the correct technique

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You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a ☐ box each time you complete a challenge

Did you know?

Our heart keeps blood and oxygen moving around our body. You can look after it by eating a good diet and getting 60 minutes of exercise each day!