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| Theme | Challenge 1 | Challenge 2 | Challenge 3 | Challenge 4 | Challenge 5 |
| How to Warm up | Describe a ‘general’ warm up  Plan your own | Describe a what is meant by ‘static’ stretching  Create a stretching routine | Describe a ‘specific’ warm up  Plan your own | Describe what is meant by ‘dynamic’ stretching  Plan your own | Use your warm up before going for a run around your village or doing a work out session. |
| Components of fitness | What is ‘strength’?  Give examples of why it is important in sport and how you may recognise it | What is ‘speed’?  Give examples of why it is important in sport and how you may recognise it | What is ‘balance’?  Give examples of why it is important in sport and how you may recognise it | What is ‘power’?  Give examples of why it is important in sport and how you may recognise it | What is ‘cardiovascular endurance’?  Give examples of why it is important in sport and how you may recognise it |
| Training Programming  (email it in) | Create your own workout to develop ‘strength’.  Your plan should include repetitions, sets and possibly weights | Create your own workout to develop ‘speed’.  Your plan should include distances, repetitions, times | Create your own workout to develop ‘balance’.  Your plan should include movements, times, repetitions etc. | Create your own workout to develop ‘power’.  Your plan should include repetitions, sets and possibly weights | Create your own workout to develop cardiovascular endurance.  Your plan should include distances, repetitions, times |
| Plan a training session | Plan a football lesson to be delivered to Year 6’s on their transition day | Plan a netball lesson to be delivered to Year 6’s on their transition day | Plan a rugby lesson to be delivered to Year 6’s on their transition day | Plan a gymnastics lesson to be delivered to Year 6’s on their transition day | Plan a hockey lesson to be delivered to Year 6’s on their transition day |
| Be Creative | Design a staff PE uniform | Design your own poster to promote a healthy diet | Design a PE Hoodie | Design a trophy for an interform competition | Create, plan and advertise a sporting event to raise money for charity |
| What’s available near you? | Research one activity that is available near you. Why is it something you would be interested in? Is it something that could be introduced in school/ extra-curricular? | | | | |
| Plan a sporting fundraiser | Design your own charity sports fundraiser. This can be for any recognised charity and can be any sporting activity. You need to plan out what resources you will need, this may be equipment, use of the sports hall and staff to help. You will need a day and time for the event. Which year group will it be targeted at? What/ how will people raise money? What will they be expected to do? You will need to create posters to advertise the event and a short PowerPoint to be used to promote it in assemblies/ form time. | | | | |
| Using an online lesson/Challenge | <https://classroom.thenational.academy/units/games-activity-developing-fundamental-and-transferrable-skills-fbd4> | <https://classroom.thenational.academy/units/health-related-exercise-activity-components-of-fitness-157d> | <https://classroom.thenational.academy/units/athletic-activity-developing-power-strength-and-speed-8d9a> | <https://www.youthsporttrust.org/60-second-physical-activity-challenges> | <https://m.youtube.com/watch?v=W3pvUvxfmQo> |