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| Climb 100 Stairs | Walk or Run 1km | Create your own 10-minute workout. | Hold a wall sit as long as you can! | Do as many squats as you can in a minute. |
| How long can you hold the plank for? | Can you do 100 step- ups? | Can you do 50 burpees without stopping? | Go for a 30- minute walk. | Do a Joe Wickes Workout! |
| How many passes can you do (partner or wall) without dropping it! | Can you list 3 ways to score in rounders? | Can you remember 5 different stretches? | Can you create a poster for your favourite sport? | Can you try and learn to juggle? |
| How many star jumps can you do in a minute? | Create a 10 -minute workout for your family. | Go for a 45-minute walk | Complete PE with Joe Wickes | Can you list 3 rules of tennis? |
| How many keepy uppies can you do? | Can you list 3 rules of football? | Can you remember 10 different stretches? | Can you help to teach someone a new skill? | Create a 10-question sports quiz for you family. |
| Walk 1 mile with your family. | How many squat jumps can you do in a row? | Can you list 3 rules of netball? | Run 1km. | Go for a 1 Hour walk. |

Extra activities (can be emailed to Mrs Jagger – [jaggers@fulford.york.sch.uk](mailto:jaggers@fulford.york.sch.uk)

1. Plan a 10 minute warm up.

2. Find out what type of food a marathon runner would eat leading up to a marathon and make a menu for the week leading up to it

3. Research your favourite athletics event in the Olympics, what is the world record?

4. Research the rules of hockey, draw and label the pitch markings explaining what happens at each stage of the game

5. Imagine you are the England manager and you have to give feedback after the game against Italy. What would you say to the individual players? Write a dialogue.

6. Write some advice for a year 7 starting in September 2021- what do you think would be helpful for them to know? It can be a poster or a word document