**PE Tasks (P4-7) – Week 1**

**Learn a new Skill:**

Have you ever tried to juggle before? Start with 2 balls (or anything you can find in your home) then move onto 3. Watch this video clip to help:

<https://youtu.be/VTeQoRcY-e0>

**Indoor Physical Challenge:**

Spend 10 minutes each day completing a mini circuit of the following activities. You should do activity 1 for 1 minute then activity 2 for 1 minute up to activity 5 then repeat.

1. The plank (lie down on the floor then lift your body onto your toes and elbows and hold)
2. Elbows to knees (lift each knee up high 1 at a time and you opposite elbow to touch the knee)
3. Wall sit (sit with you back against the wall and your legs at 90 degrees and hold)
4. Sit ups (lie on the floor with your feet flat on the floor and knees bent, put your hands across your chest and sit up until your chest touches your knees)
5. Squat thrusts (lie down on the floor then lift your body onto your hands and toes, jump your feet forwards towards your chest and back again)

**Outdoor Physical Challenge:**

Try to go for 20 minute walk every day. On the way try to spot as many things that have a 90 degree or 45degree angle in them. Make a list as you go along and challenge your friends to see who can create the longest list.

**Written Task**

Choose a sportsperson of your choice and research them using the internet. Try to find out as much information as possible, such as their life growing up, their career highlights, any records, titles or awards they have and any other interesting facts. Present your findings in a piece of writing, poster or power point presentation. You could present this to your family and see if they have any further questions for you to research.