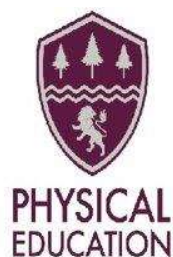


Name:
Mentor Group:



Garibaldi's



PE activities



to do before the end of term...



Activity	Evidence (You must provide evidence for each activity e.g., pictures/videos/reflections/plans/results)
1. Complete a park run	
2. Try a new sport outside of school	
3. Swim 10 lengths	
4. Hold a plank for 2 minutes	
5. Record yourself trying to score as many baskets as possible in 2 minutes	
6. Create a dance to a song of your choice	
7. Help to lead a PE activity. i.e., warm up	
8. Complete over 100,000 steps in a week	
9. Challenge a member of staff to a sporting activity of your choice	
10. Cycle or run to school for 1 week	
11. Compete against a family member in a sport of your choice	
12. Write a match report for a sports event	

Name:

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13. Take part in a 5k or couch to 5k	
14. Take part in a AMWRAP workout (As many reps/rounds as possible)	
15. Plan a route to work or cycle and take pictures of the scenery	
16. Photograph your best sporting celebration	
17. Take part in 2 extra-curricular clubs after school	
18. Complete as many keepie uppies as you can in 1 minute	
19. Design and complete a workout of your choice	
20. Skip for 2 minutes without stopping	
21. Create and complete an alphabet workout for your name or a family members name	
22. Complete a 2-minute wall sit	
23. Complete a circuit session	
24. How many times can you bounce and catch a ball against a wall standing 2 metres out?	
25. Drop and catch a ball for 1 minute	
26. How many steps can you complete on your stairs in 1 minute?	
27. How many squats can you complete in 1 minute?	

Name:

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28. How many press-ups with a clap can you complete in 1 minute?	
29. How many star jumps can you completed in 1 minute?	
30. How far can you jump undertaking the standing long jump technique?	

Teacher signature:

Date: