

PE 20/7/20

Orienteering

Create and use your own map with this activity! You could also create your own controls or use objects from home to help you develop your map reading skills.

<http://www.viewpure.com/NCjNvdHzGc0?start=0&end=0>

You choose / You create

Think back over all the PE you have done recently and choose your favourite activity to have a go at this week. I remember one of the most popular games was sock wars! Alternatively, use some of the ideas we have covered to create your own activity. You could design a dance sequence that expresses your experience of the last few months or how you feel about the next six months, including summer and the beginning of school in September. Or you could design a game, such as a throwing game with points for accuracy, or a jumping game. Another idea is an athletic challenge such as how many star jumps and press ups you can do in a given time and then try to improve that score. You could also challenge someone you live with to beat your score!