Challenge Yourself!

\*\*\*\*KS2\*\*\*\*

WEEK 6

Can you…...

1. Can you create your own sport? If will need;
   1. Rules of how to play
   2. A diagram of the playing area (pitch)
   3. The kit that the teams will wear
   4. The equipment you will need to play
2. Have a look at the Sporting Start Workout Videos on YouTube.. Your Parents can use the link below: <https://www.youtube.com/channel/UCgKjH7HO7MGly1DW56614Aw>
3. Have a go at the following basketball skills;
   1. Dribble
   2. Figure of 8 in your legs
   3. Bounce through your legs and catch
4. Go for a bike or run ride? How far did you go? What did you see? Write about what you saw?
5. How many spotty dogs can you do in 3 minutes?
6. How many mountain climbers can you do in 2 minutes?
7. Film yourself doing speed bounce for 1 minute. How many did you do?



