DEPARTMENT OF PHYSICAL EDUCATION - HOME CHALLENGE WORK SHEET (to be used daily if you can!!)

**Please ask your parent/carer for permission to participate! And for permission to share on social media!! Good luck, The Ness PE Dept.**

This work sheet has been designed to provide some challenge and fun for pupils of Coltness High School. On completion of the 15 challenges you will have worked on the following Significant Aspects of Learning (SALs) from the PE curriculum. COGNITIVE SKILLS of Problem Solving, Focus & Concentration, decision making and Creativity. PHYSICAL COMPETENCIES of kinaesthetic awareness, balance & control, coordination & fluency, rhythm & timing, gross & fine motor skills. PERSONAL QUALITIES of motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication. PHYSICAL FITNESS, Stamina, Speed, Strength, Flexibility

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| Football Competition – Sponsored by Joma.Choose your Fantasy Football team from any professional players in the world. Pick 11 only. The entry closest to that of Andrew Barrowman, former pupil and professional player, will win. Prize to include, kit bag, trainers, tracksuit and ball. The competition is only open to current pupils S1-S6. Include your name & class. Your team should be sent by 19th April 2020 tope@coltnesshigh.n-lanark.sch.uk | Create your own original high five routine with a member of your household- make sure and wash hands before & after!!  | Press up challengeThis is a long term target!! 30 Press ups every day.Break into 3 sets of 10 Reps or 6 sets of 5 reps. With 1min rest in between each set. Depending on fitness levels press ups can be done in full, or on knees. | Bog roll challenge –Fancy. Film your best move. | Golf challengeCreate a crazy golf course. Create 1 or 2 holes. Use household items to create hazards. This can be done indoors or outdoors. Putting only. Take on household members for closest to the hole/minimum strokes etc… if you don’t have a golf ball or a putter get creative!! (Ice lolly stick & marble small course or wrapping paper tube & cellotaped paper ball big course) |
| Learn to juggle. Using three tennis balls if you have them or 3 balled up pairs of socks if you don’t. <https://www.youtube.com/watch?v=BaXWuA_mxe0> | Bog roll challenge. Keepie ups! What will your record be for,1. Feet only record- ?2. Feet & Thighs-?3. Any body part except hands-? | Household coin football comp’-prize for the winner or forfeit for the loser. Rules, 2p coin is best, 3 taps to make coin move to overhang opposite side of table, flick up with 1 finger catch one handed, spin coin, trap coin in two thumbs, shoot to opponent’s goals made from thumbs and index fingers pointing down on table. Play first to three or winner after 10 mins | Score into your blue recycling bin. Either with football chip shot or hook shot basketball | Household Coin Rugby play for prize/forfeitSee the mighty Allblacks play here.<https://www.youtube.com/watch?v=_Etc79Qrxb4> |
| Elbow Coin Catch challenge.Balance 10p on the back of your elbow then whip your hand round to catch it. Once you mastered 1 coin move on and set your record. <https://www.youtube.com/watch?v=CVopvaKw_0Y> | Vitual Ben Nevis ClimbUse front or back door step for this preferably. 15 steps = 1 flight of stairs, Ben Nevis is 587 flights tall. Makle this a team or individual challenge. Keep a diary of your progress. | Virtual West Highland Way1 Giant step = 1m. Measure out an area, in your garden or living room. And Complete the West Highland Way. 154Km Break it into 1Km Intervals. Keep a diary of your progress. | Burpee ChallengeHow many burpees can you do in 2 mins? Do this once only, once every week or every second day. Keep a record! | Wall sit challenge. How long can you sit against a wall with feet flat on the floor and knees at 90 degrees. Do this once, once a week or every second day. Keep a record of your progress!! |