

Wednesday 30th June

PE

1. Think of a challenge that involves using a skill from a PE lesson.
For example, it is important to be able to accurately catch the ball in American Football, so your challenge could be: How many times can I throw a ball in the air and catch it in one minute?

2. Think of a name for your challenge?

3. Draw a diagram to demonstrate what you do.

4. Complete the table and questions below.



My Personal Best Challenge: _____

	Score
First Attempt	
1 st Practice	
2 nd Practice	
3 rd Practice	
4 th Practice	
Final Attempt	

What was the difference between your first and final attempt?

What did you do differently to help you improve?
