

Ashlawn PE Challenges

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There are 5 Challenges to have a go at... You could plan to do one a day for the week... or you could focus on one challenge and try to improve on it over the week...

Whatever you choose to do you will be making gains to maintain and improve your mental and physical well-being which helps you to keep **healthy and happy :o)**...

Enjoy the challenge!!



Plank Challenge

Challenge a brother/sister/mum/dad to do the challenge with you!

Challenge yourself to hold the Plank position for as long as possible. ** Correct technique below

Can you hold it for... 30 secs?... 45 secs?... 1 min?... 1 minute plus?

Challenge yourself further... have a go at the Up-Down-Up-Down Plank for 1 minute



Video/Photograph your attempt along with your time and email to stanleywilliamsc@ashlawn.org.uk

Run Challenge

If you're not a confident runner, arrange to meet with a friend and run together - social distancing

Challenge yourself to Run!

Can you Run... 1km?... 2km?... 5km?... 10km?

Challenge yourself further... have a go at running 1km in under 10 minutes or 5km in under 30minutes.



Video/Photograph your attempt along evidence of your distance (photo/screenshot of your tracker) and email to stanleywilliamsc@ashlawn.org.uk

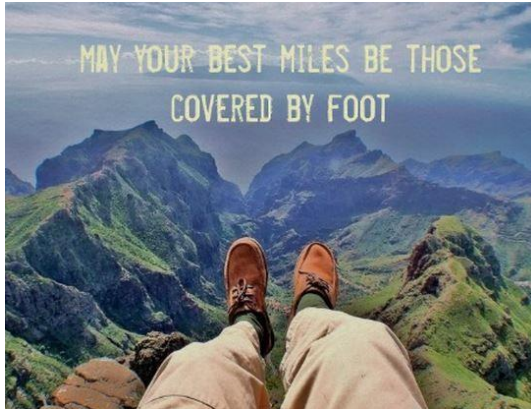
Miles covered Challenge

You could attempt to cover the distance of a Marathon with a friend... 13.1 miles each Half a Marathon each!

Challenge yourself to cover as many Miles as you can in a Day and/or Week

Can you cover... 5 miles?... 10 miles?... 12 miles?... 12 miles plus?

Challenge yourself further... aim to cover 26.2 miles in a week. That's a Marathon!!!



Video/Photograph your attempt along with your total Miles Covered and evidence (photo/screenshot of your tracker) and email to stanleywilliamsc@ashlawn.org.uk

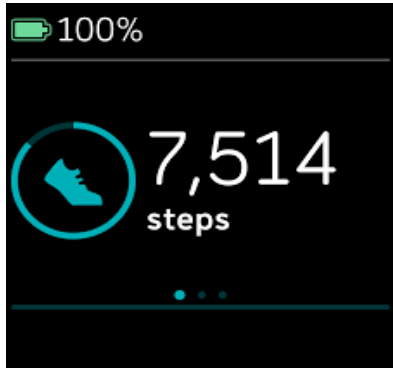
Step Challenge

Can you challenge a friend to see who can achieve the most Steps in a week? Some healthy Competition :o)

Challenge yourself to do 10000 steps a day... But can you go the extra mile?

Can you do 5000 daily steps?... 8000 daily steps?... 10000 daily steps?... 10000 + daily steps?

Challenge yourself further... Can you accumulate more than 80000 steps in a week?



Video/Photograph your attempt along with your total Steps achieved and evidence of your step count (photo/screenshot of your tracker)and email to stanleywilliamsc@ashlawn.org.uk

Keepy Up Challenge

You could attempt the Keepy Up Challenge with a Racket and ball... set yourself a realistic target to aim for!

Challenge yourself to do as many Keepy Ups in one go as you can.

Can you do 10 keepy ups?... 20 keepy ups?... 30 keepy ups?... 30 + keepy ups?

Challenge yourself further... Can you do a variety of keepy ups within your total? Knees, inside, outside of the foot? Use the side of your racket to keep the ball in the air?



Video/Photograph your attempt along with your total Keepy Ups achieved and email to stanleywilliamsc@ashlawn.org.uk

Hula Hoop Challenge

Challenge yourself to do as many Hula Hoops in one go as you can...

Can you do 10 hula hoops?... 20 hula hoops?... 30 hula hoops?... 30 + hula hoops?

Challenge yourself further... Can you hula hoop with different body parts? Arm? Ankle? Be creative...



Video/Photograph your attempt along with your total Hula Hoops achieved and email to stanleywilliamsc@ashlawn.org.uk

Sporting Participation and Achievements

Prior to you starting at Ashlawn, we would love to find out a little bit about you and your sporting participation and achievements.

Please email stanleywilliamsc@ashlawn.org.uk with details about your involvement in competitive sport!



Many thanks, good luck with the challenges and enjoy your Summer Holiday!

The PE Department look forward to seeing you in September :-)