



## CROSSDALE PRIMARY SCHOOL

Physical education sports booklet...

Challenges ...

**Monday**

Clap Challenge- you have 30 seconds to see how many times you can clap before catching the ball.

**Tuesday**

How many star jumps can you do in 30 seconds?

**Wednesday**

How many sit ups can you do in 30 seconds?

**Thursday**

How many press ups can you do in 10 Seconds? Or how many keep ups can you do with a football.

**Friday -End to the week.**

Star jumps 5, Press ups 5, sit ups 5, how long did this take you?  
Log the score  
Run on the spot 20 Seconds.

Write your total scores in each day/week	Monday	Tuesday	Wednesday	Thursday	Friday
Week One					
Week Two					
Week Three					
Week Four					

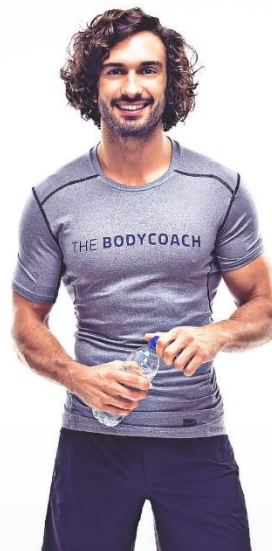


Yoga and mindfulness have been shown to improve both physical and mental health in school-age children (ages 6 to 12). ... A growing body of research has already shown that yoga can improve focus. Please visit <https://www.youtube.com/user/CosmicKidsYoga>

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A great way  
active and  
education

**JOE  
WICKS**  
THE BODY COACH  
WORKOUT



to keep children  
keeping physical  
fun please visit

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

## Fitness activity Challenge

Date							
Speed Bounce							
Step ups							
Skipping							
Shuttle run							
Sit ups							
Squats							
Star jumps							
How far can you Jump							
Tuck Jumps							
Pike Jump							
Straddle Jump							
Totals							

## Sports Word Search

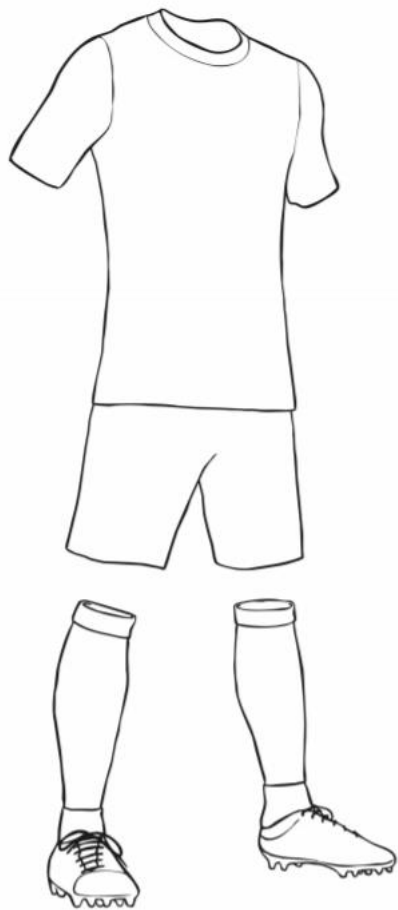
B N E T B T A E K W O N D O C R I C K K  
 A V O L L L R B A G Y M N N B A S K E H  
 S B O X I I C A R Y B O X I S W R E H W  
 K A R A T E H D A M C T R O W I N G O R  
 E R U T E J E M A N Y A U W I R C F C E  
 T C G C N A R I R A C E G R M U R O K S  
 B H B H N V Y N U S L K B E M N I O E T  
 A H B R I E K T N G I W B S I N C T B L  
 L A R C S E A T N Y N O R T N I T N A I  
 L R S N E H R B J M G K R U G B Y E S N  
 N C W F O O T B A L L A U S N A T T K G  
 E H I O D C Y C V J U D N W E D A B E B  
 T E M O A K E N E T B A N I T M E A E A  
 C R I C K E T E L J A V I L L I J L K D  
 R R I Y S Y R U I C Y C N M J N U L A M  
 I B T C W T E N N N I V G E U T D R R I  
 C T A E K W W G Y M N A S J D O D U A N  
 K R E B O X I N G V O L L E O N G Y T N  
 T A E K V O L L E Y B A L L R O W W T T

### Words

- Basketball
- Football
- Hockey
- Rowing
- Cricket
- Badminton
- Javelin
- Boxing
- Archery
- Netball
- Running
- Karate
- Swimming
- Taekwondo
- Judo
- Rugby
- Gymnastics
- Tennis
- Cycling
- Volleyball
- Wrestling

There is one word missing. Can you work out which one?

**Design Your Own Football Strip**



**Design Your Own Football Strip**

