



St Thomas of Aquin's
R.C. HIGH SCHOOL

Virtual Sports Challenges Week 3

Welcome to the PE Dept's Challenges which will be sent out each week for the next 4 weeks

Have fun, enjoy and record your success using the tracking sheet

Virtual Sports Challenges

- If you wish to add some of your own activities or challenges, please do so. The score sheet is for recording but it is not compulsory to use this. See if you can encourage other members of your family to join in. You are welcome to send in video's and photos of you completing the challenges.
- **FOR YOUR SAFETY:** Please make sure that you are taking care performing any of the activities and wearing clothing that is suitable for PE.



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60 Second Challenge

Climb the Mountain



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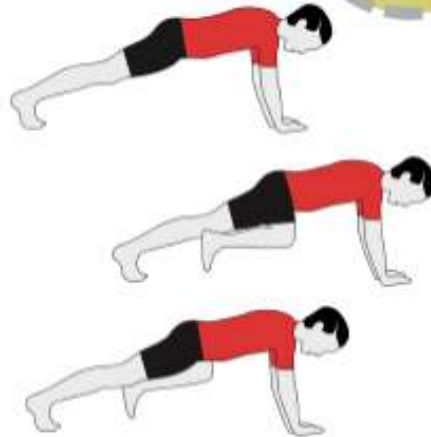
Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.

#StayHomeStayActive



Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

40 Mountain Climbers



Achieve Silver

30 Mountain Climbers



Achieve Bronze

20 Mountain Climbers



Week 3 Challenge 1

- <https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=youtube+climb+the+mountain+excercise#id=2&vid=fd350a815b6b3c9b1670ed1d6d945821&action=click> Click on this link for tips on Plank technique

PE Dept June 2020

60 Second Challenge

Fast Feet



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Can you keep going even if you lose control of the ball?

The Physical Challenge

How many times can you dribble a ball around a marker and back in 60 seconds?

Place down a starting marker and then a second marker 5 steps away. Each time you dribble the ball around the marker and back you score 1 point.



#StayHomeStayActive

Equipment

A ball and two markers

If you do not have a ball how many times can you run around the marker and back?

Achieve Gold

24 dribbles around the marker and back



Achieve Silver

18 dribbles around the marker and back



Achieve Bronze

12 dribbles around the marker and back



Week 3
Challenge 2

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=utube+dribble+around+cone+with+ball#id=1&vid=509c49cb0cc4ced3f4bc364d4d3b1b42&action=click>

PE Dept June 2020

60 Second Challenge

Socks in the Box



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Do you keep trying even if you struggle to match up a pair of socks?

The Physical Challenge

How many socks can you pair up and put in the box in 60 seconds?

Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.



#StayHomeStayActive

Equipment

Socks and a Box!

If you do not have a box use a bowl.

Throw in unpaired socks as red hearings.

Achieve Gold

20 pairs of socks



Achieve Silver

15 pairs of socks



Achieve Bronze

10 pairs of socks



Week 3
Challenge 3

[Click here for top tips](#)

PE Dept June 2020



60 Second Challenge Activity Tracking Sheet



Name: _____



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Sports Challenge Activity Tracker Sheet

Write the name of the Activity into the blue rectangle on the left hand column and once you have completed the activity tick the correct medal.

You can print this form out or copy this to make your own tracking sheet