

PE Task 3

Family and friends physical activity morning/afternoon

Selecting an activity or sport of your choice, plan a morning or afternoon where you will spend time with either family members or friends, taking part in a physical activity. Please see some ideas below to help you:

- Take a football to a local park
- Plan and take part in a bike ride
- Plan and carry out a run
- Visit Stevenage Leisure Centre and play a game of Badminton
- Go to Fairlands Lakes and use the fitness equipment that is around the lake
- Go to some local Tennis Courts and play a game of tennis
- Go to a driving range and get a bucket of balls
- Go to Stevenage Golf club and play a game of 'foot golf'
- Go to a swimming pool and swim a minimum of 10 lengths.

Challenge task:

Document your morning or afternoon, describing what you have taken part in and give an honest opinion on whether you liked the activity or not.

Take a 'HEALTHY SELFIE' and send it to emma.camp@nobel.herts.sch.uk