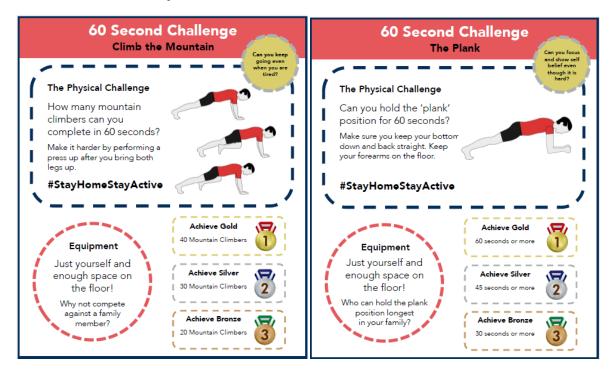
Week 4:

Activity:

60 second challenges: Mountain climbers/The Plank

Complete the following movements and see how many you can complete in 60 seconds:

Be sure to write down your results so we can add them to our leaderboard!



How to log your results:

Send an email from a parent/guardian's email address to us on physicaleducation@nobel.herts.sch.uk with screenshots of any distances you complete and any videos or photos of you completing the challenges – we'd love to see them!

We are currently in the process of creating a Nobel PE Instagram account (@nobelpe), so if your parents/guardians wish to give permission via email, we can share student achievements over the summer holidays. Parents/guardians – please make sure this is clearly stated in the email that you give consent.