

Week 5:

Activity:

60 second challenges: Catch and Clap/Burpees

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!

60 Second Challenge
Catch and Clap

Which skills do you think will be key to succeed?

The Physical Challenge
How many times can you throw a ball up, clap once and catch it in 60 seconds?
The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.
#StayHomeStayActive



Equipment
A ball
If you do not have a ball use a toilet roll or pair of socks.

Achieve Gold 35 catch and claps 
Achieve Silver 25 catch and claps 
Achieve Bronze 15 catch and claps 

60 Second Challenge
Burpees

Do you keep trying even when you want to give up?

The Physical Challenge
How many burpees can you complete in 60 seconds?
Make sure you extend your legs back once you have lowered yourself to the ground.
#StayHomeStayActive



Equipment
Just yourself and enough space on the floor!
If you find it tough do not perform the leg extensions.

Achieve Gold 30 burpees 
Achieve Silver 20 burpees 
Achieve Bronze 10 burpees 

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.**