

Summer Week 5 PE

Keep tuning into Joe Wicks PE lessons each morning @ 9.00 on You Tube.

Please find attached 2 new sites for PE ideas - all part of week 5.

There is also a challenge below the quiz answers.

Quiz answers from last week:

1. Five rings. (The rings on the Olympic flag symbolize the union of the five inhabited continents.)
2. Greece
3. Bronze
4. 50-metres
5. Every 4-years
6. United States of America
7. London
8. Tokyo in Japan
9. Steve Redgrave
10. Norway
11. Podium
12. 26 miles (and 385 yards)
13. Archery
14. Paralympic Games (The Games were initially open only to athletes in wheelchairs.)
15. Fencing
16. Michael Phelps
17. Long jump
18. Bobsleigh
19. Four, They are the shot put, the discus, the javelin and the hammer.
20. Curling

Challenge

Challenge 1 SIT UPS

See how many sit-ups you can do today.

Try and add at least 2 more every day this week. How many can you do by the end of the week?

You can extend this by trying squat thrusts or press ups or knees up; good luck.