

HOW TO USE YOUR PERSONAL CHALLENGE CARDS

If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.



Use the cards to
challenge your pupils
weekly. One card
every week.

Use young leaders to
set up the activities at
break and lunchtimes.

Or pin the challenge
to your PE notice
board and let the
pupils have a go!



Get Set 4 P.E.

Personal Challenge: 1

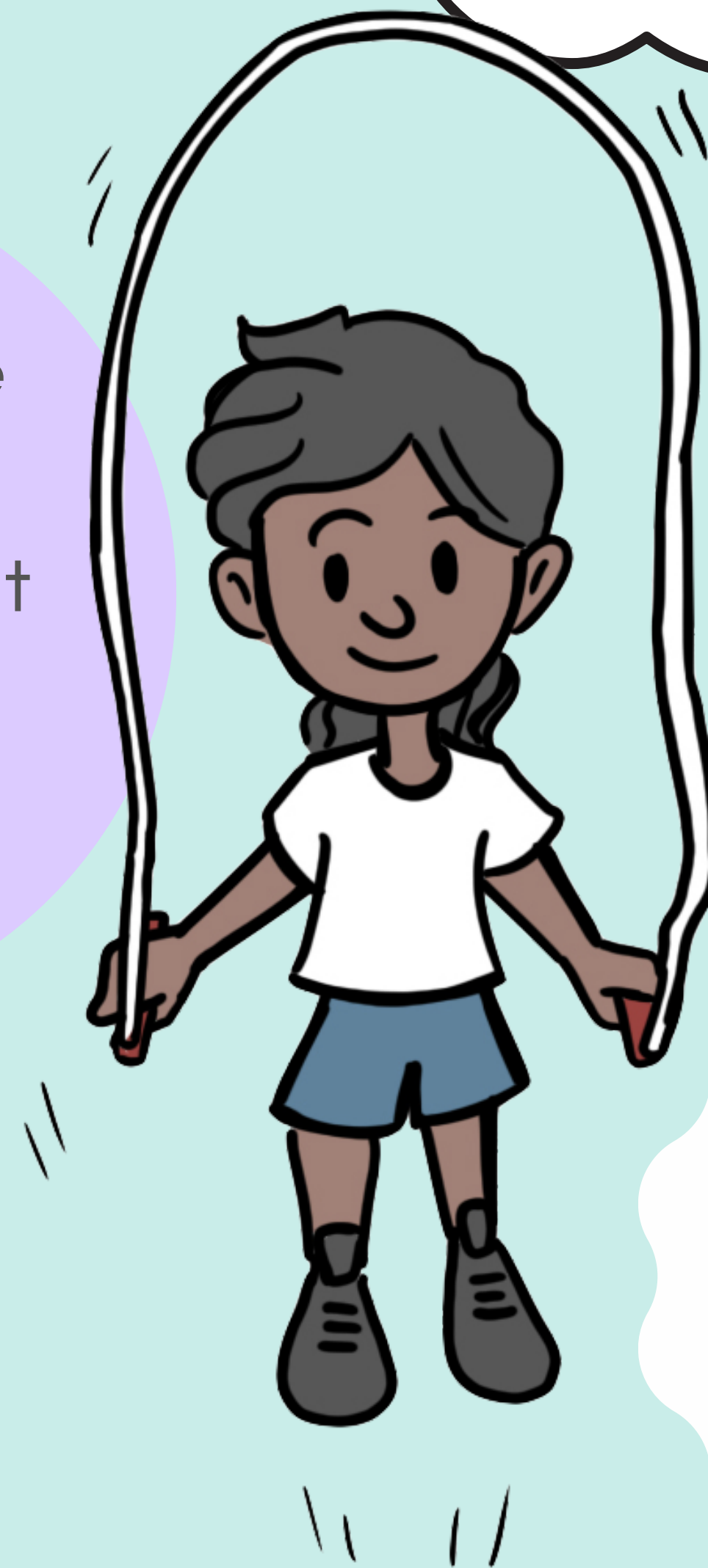
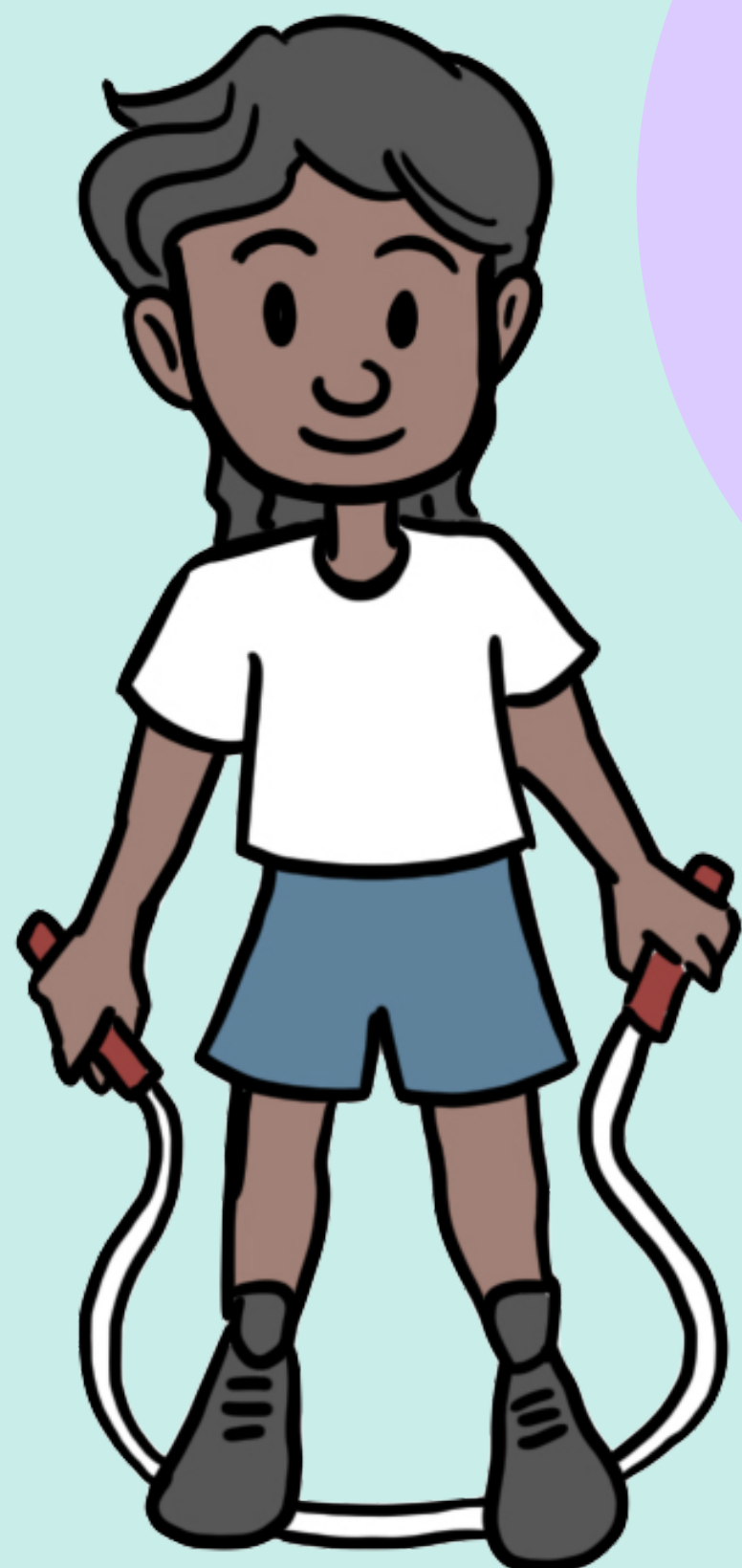
How many skips
can you do in
a row?

Make this harder
by skipping on
one leg.

Can you have
another go
and try to beat
your score

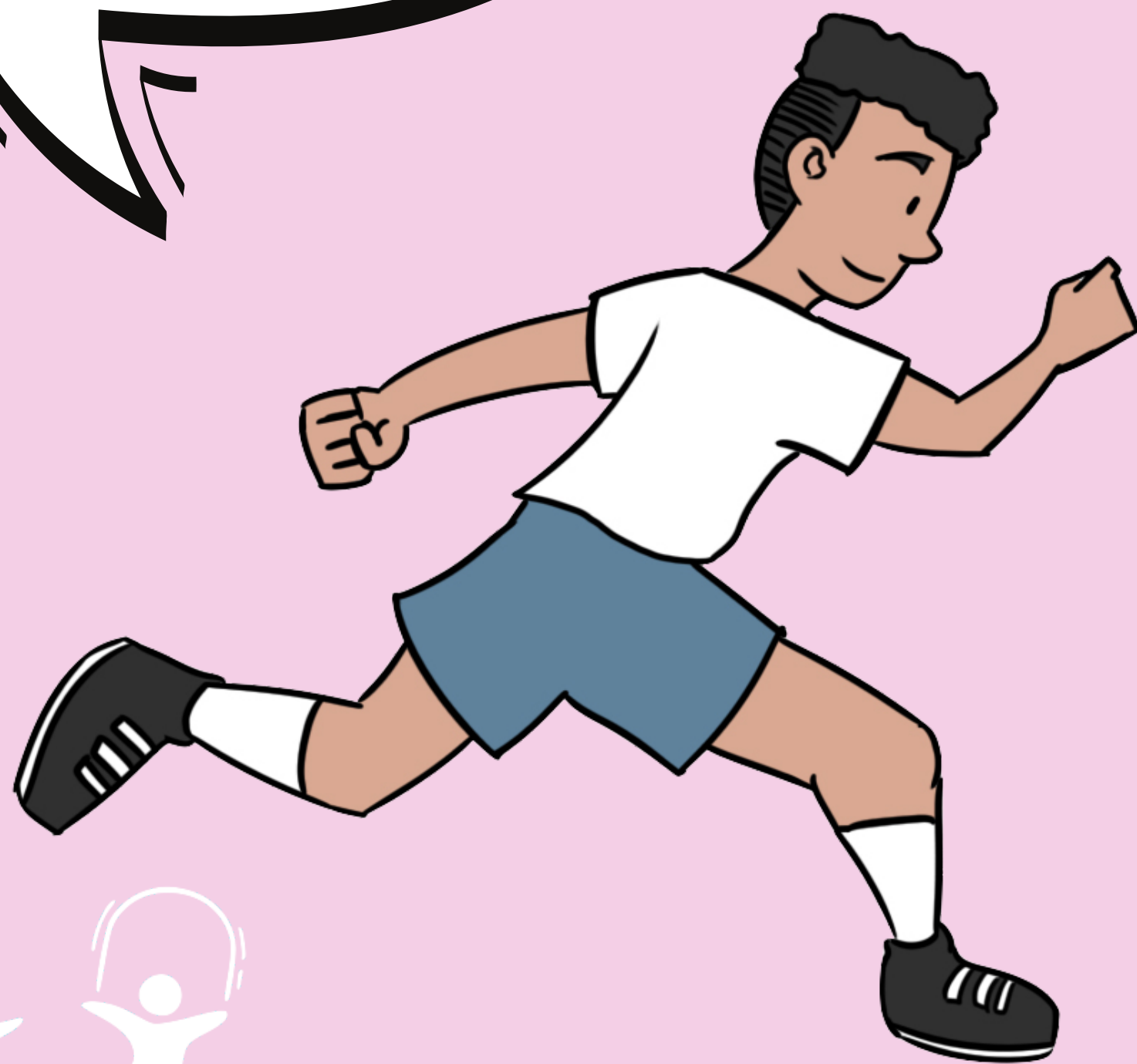
?

// What you
will need:
1 x Skipping
Rope



Personal Challenge: 2

How many laps of
the playground can
you run without
stopping?



Change the
challenge: How many
laps of the playground
can you skip?



Can you have
another go
and try to beat
your score

?



Get Set 4 P.E.

Personal Challenge: 3

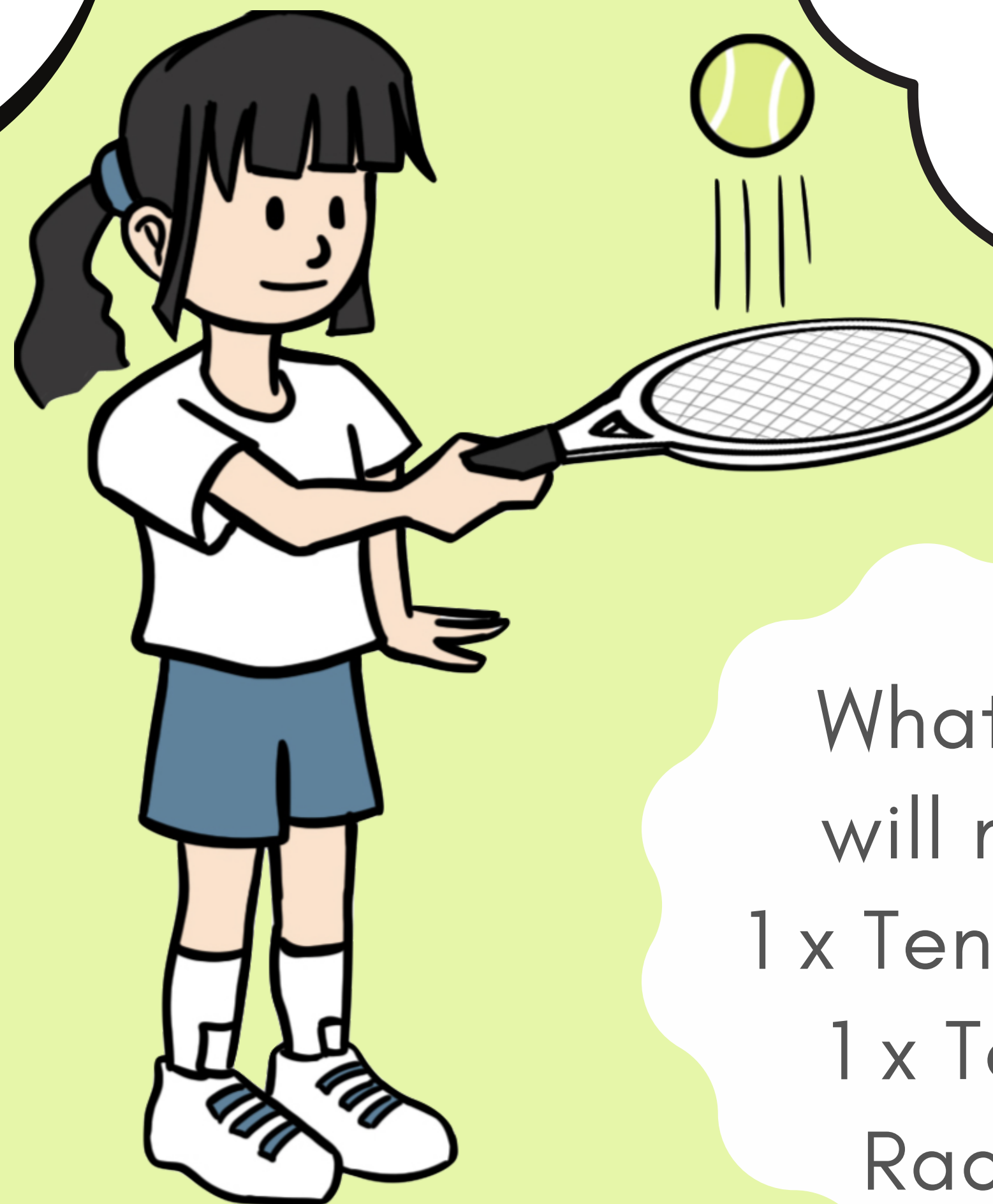
How many tap ups can you do in a row?

Make this harder by alternating between a forehand and a backhand tap up.

Can you have another go and try to beat your score

?

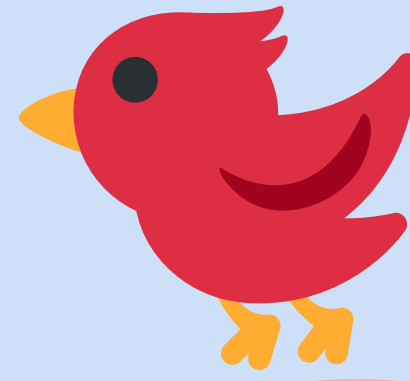
What you will need:
1 x Tennis Ball
1 x Tennis Racket



Get Set 4 P.E.

Personal Challenge: 4

If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.

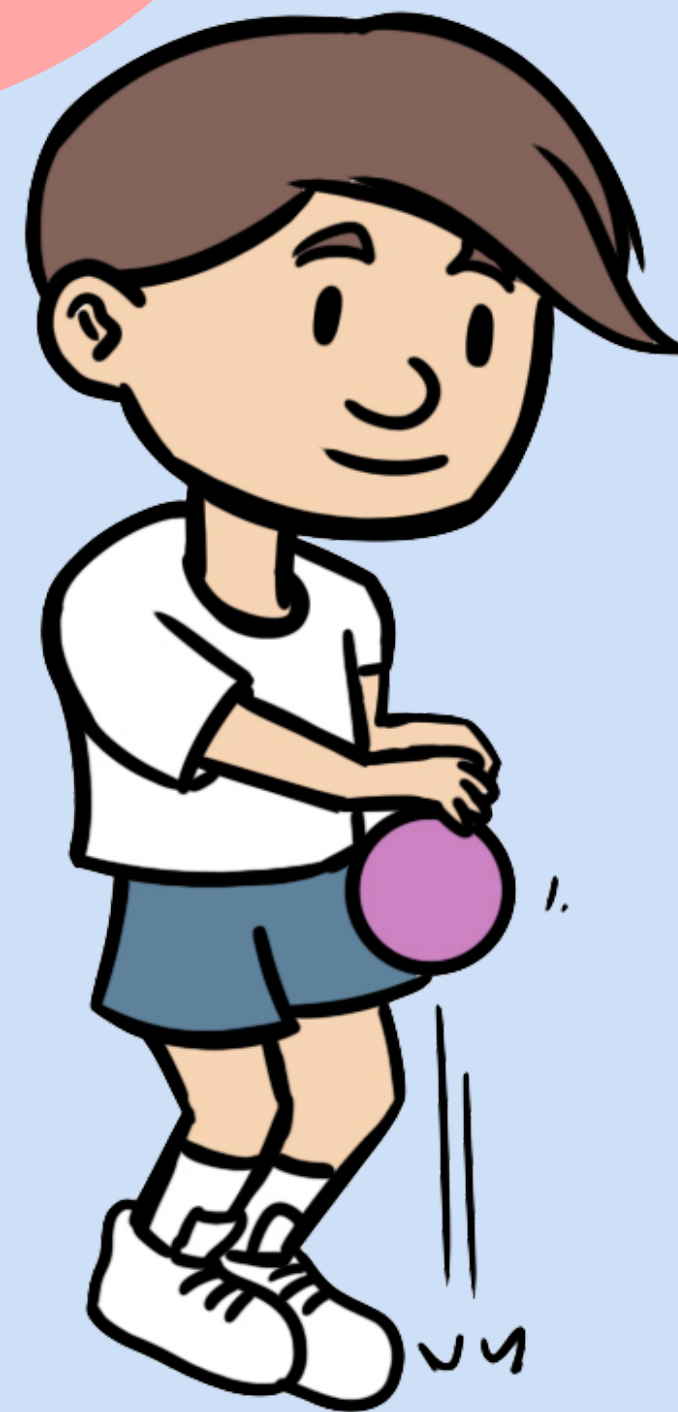
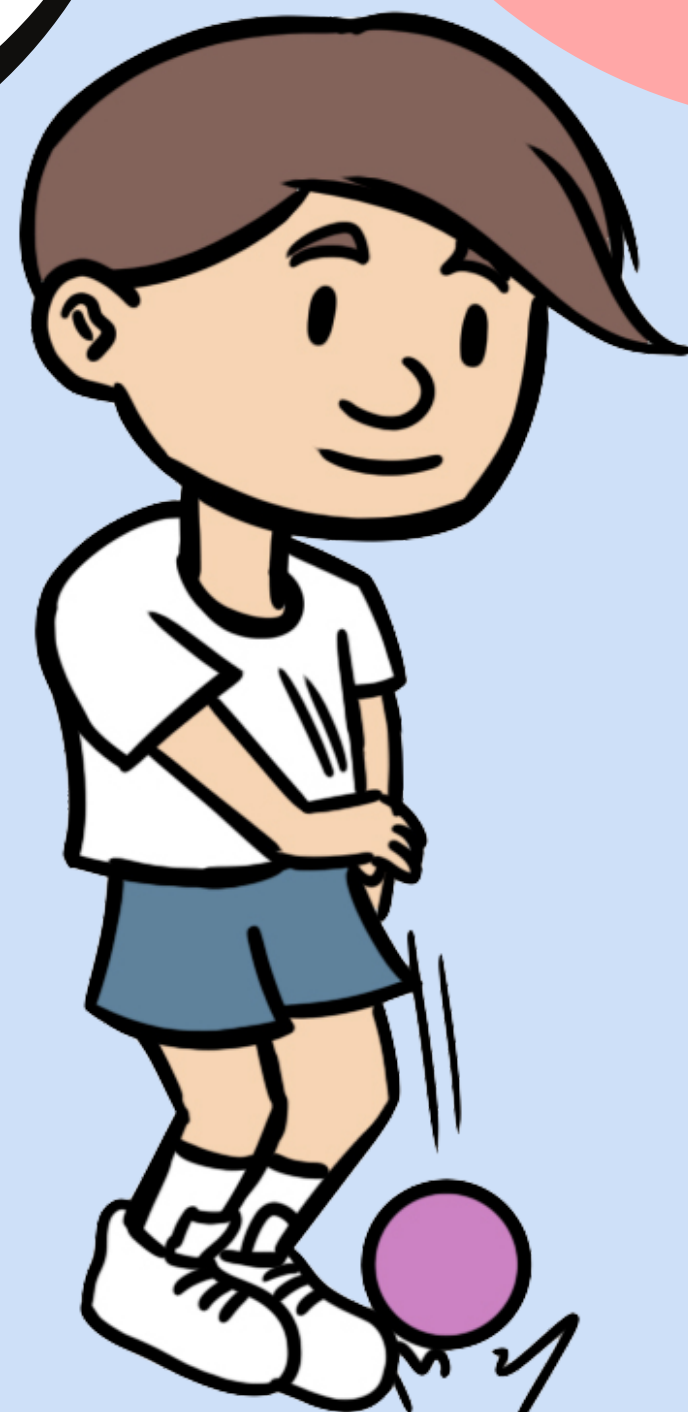


Can you have
another go
and try to beat
your score



Make this harder by
holding one ball in each
hand. Drop and catch
one ball, then drop and
catch the other ball.

How many times can
you bounce the ball on
the floor and catch it
in 1 minute?



What you
will need:
1 x Stopwatch
1 x Ball



Get Set 4 P.E.



Get Set 4 P.E.

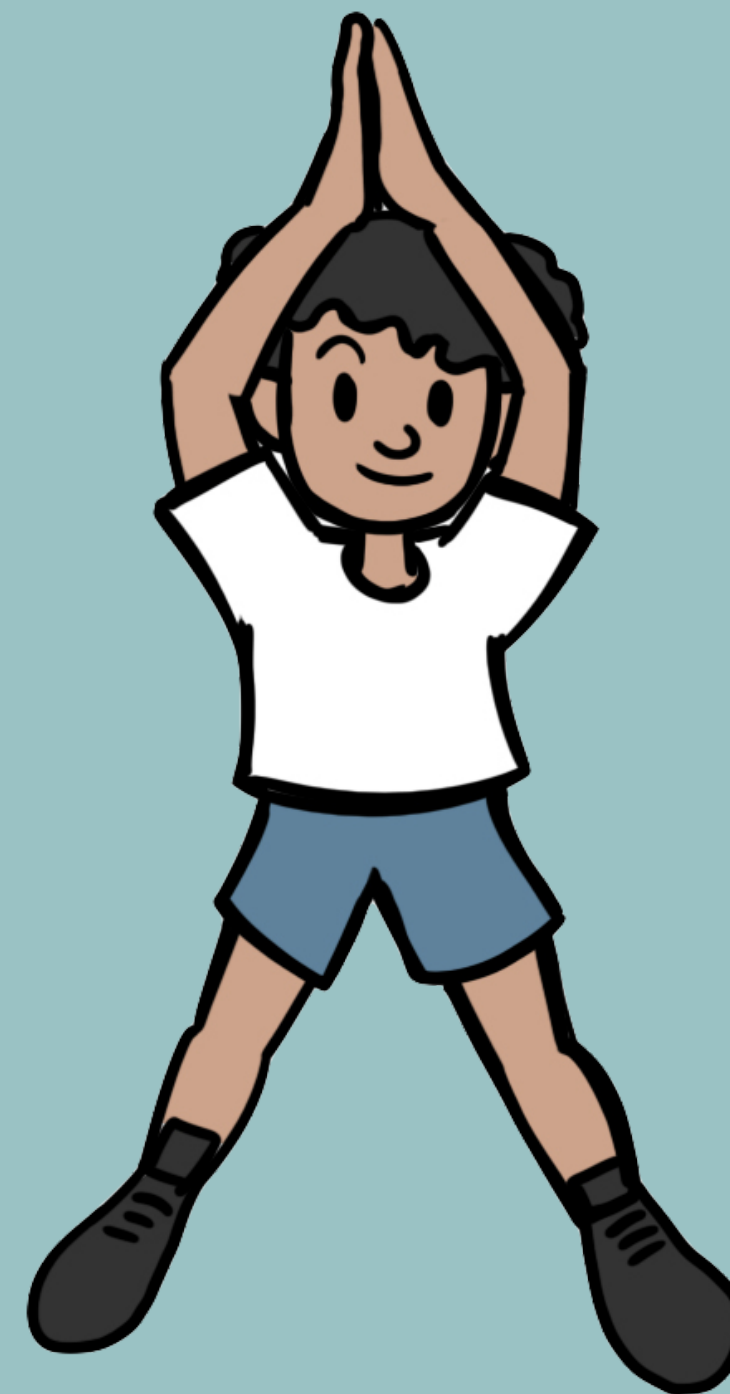
Personal Challenge: 5

If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.

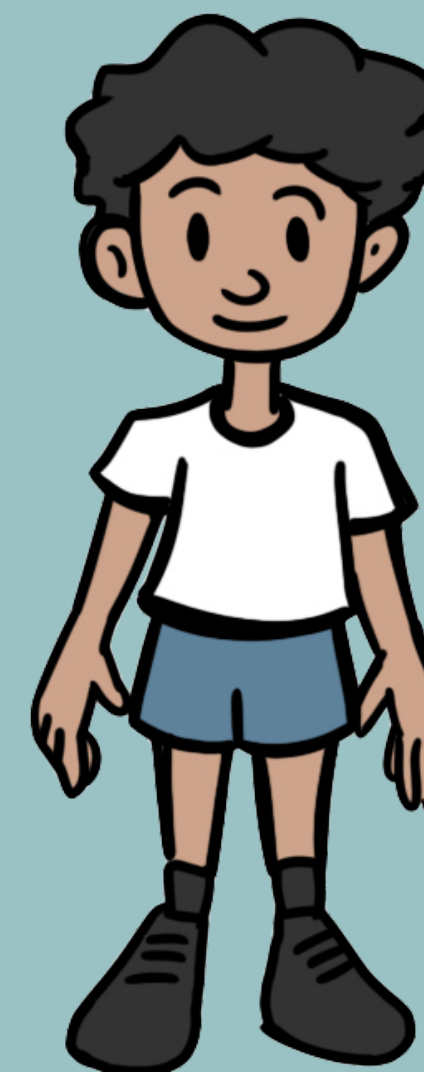


How many star
jumps can you do
in 1 minute?

Make this harder by
touching your toes in
between each jump.



Can you have
another go
and try to beat
your score



What you
will need:
1 x Stopwatch

Personal Challenge: 6

If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.

How many
burpees can you
do in 1 minute?

Can you have
another go
and try to beat
your score

?

Make this harder by
doing a press up in
between.

What you
will need:
1 x Stopwatch



Get Set 4 P.E.





Personal Challenge: 7

How many
shuttles can you
run in 1 minute?



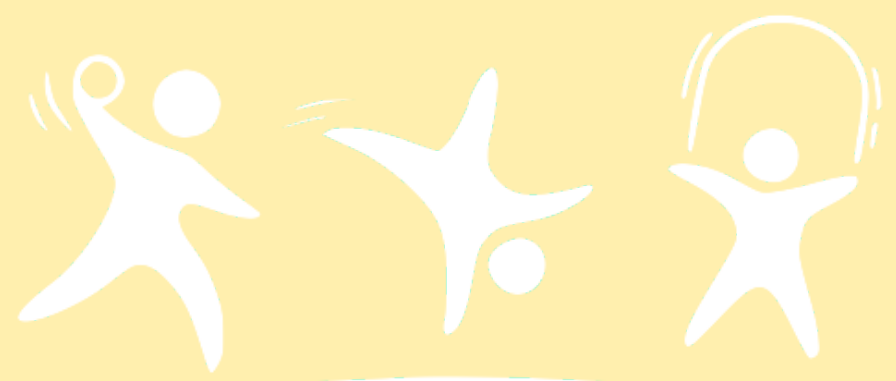
Can you have
another go
and try to beat
your score



If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.



What you
will need:
1 x Stopwatch
4 x cones



Get Set 4 P.E.

How many times can
you dribble to an
end cone and back 1
minute?

If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.

What you
will need:
1 x Stopwatch
2 x Cones
1 x Ball



Personal Challenge: 8

Can you have
another go
and try to beat
your score

?



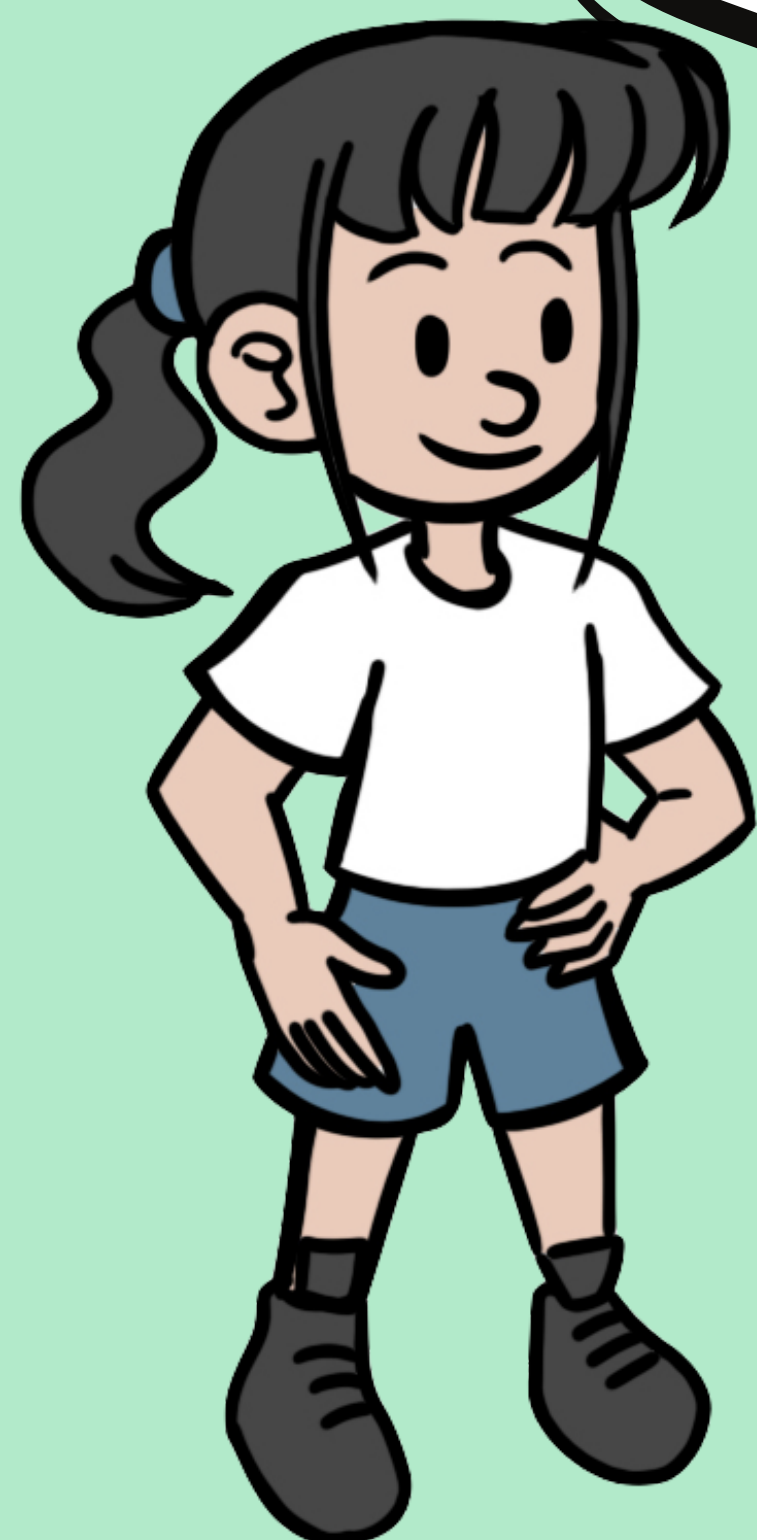


Get Set 4 P.E.

How many lunges
can you do in 1
minute?

Personal Challenge: 9

If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.



Can you have
another go
and try to beat
your score

?

What you
will need:
1 x Stopwatch

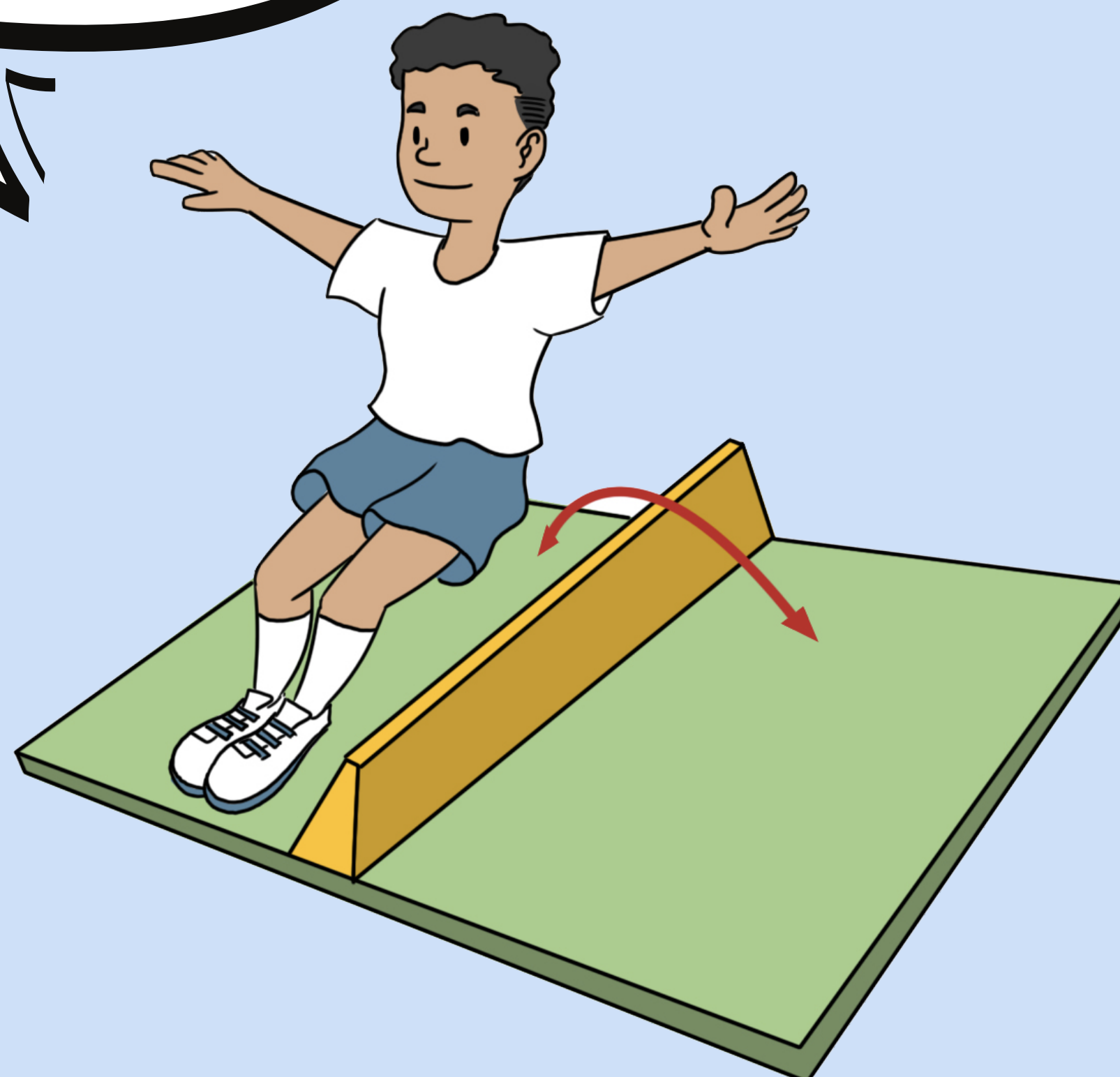


Get Set 4 P.E.

If you don't have a stopwatch
ask a friend to time you by
jumping on the spot. One
second for every jump.

How many times
can you jump side
to side over a cone
in 1 minute?

Personal Challenge: 10



Can you have
another go
and try to beat
your score

?

What you
will need:
1 x Stopwatch
1 x Cone



Get Set 4 P.E.

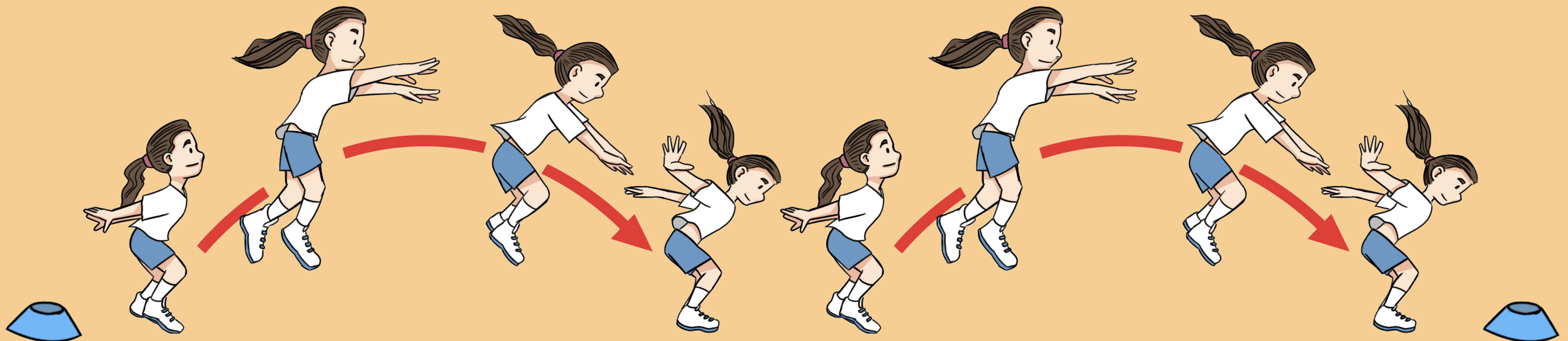
Personal Challenge: 11

How many jumps
does it take for you
to jump the length
of the playground?

Can you have
another go
and try to beat
your score

?

Make this harder by
hopping the length
of the playground.





Get Set 4 P.E.

Personal Challenge: 12

How many times can
you hit the cone?
You have 10 throws.

Can you have
another go
and try to beat
your score

?

Make this harder
standing further
away from the cone.

What you
will need:
1 x Beanbag
1 x Cone

