



Summer PE Challenge



Challenge yourself and your family to complete these PE challenges. We would love you to share any pictures of you completing these activities on the school Twitter feed so tweet to @huncoteprimary or email pictures of you working - remember to send it to your current teacher.

Travel 3 miles by bike/
scooter/skates or
walking. Can you find an
app to track this on?

A marathon is 26.2 miles.
Can you complete your own
marathon by walking a mile
a day for 26 days?

With an adult, make and
enjoy a healthy smooth-
ie. How many different
pieces of fruit (or veg)
can you include?

Embrace your inner Joe Wicks!
Create your own workout
routine and share it with friends!

Hold a yoga pose in the most
unusual place. Make sure you
get a picture!

How quickly can you collect
objects from around your
home which start with each
letter of the alphabet? Go...

Hiit Workouts are all the rage!
Try this:
1 min star jumps, 1 min - press ups,
1 min - sit ups. Now, repeat 3 times!

Create your own bowling
alley and see how many
you can knock down.
STRIKE!

Try and visit at least 5 outdoor
places e.g. including national
parks or woods. What interesting
things did you see?