

PE PERSONAL CHALLENGE (see clips shared on CATLIVE.co.uk)	
Age Range: years 5 - 8	
Daily Challenge 1	Daily Challenge 2
Throwing and Catching	Hockey Challenge
Daily Challenge 3	Daily Challenge 4
Learn to juggle	Pitch and Putt!
Daily Challenge 5	Daily Challenge 6
Ball to Bucket!	Keepy Uppy Challenge
Daily Challenge 7	Practise!
Tennis Keepy Uppy Challenge	The more you practise, the better you get! Record how you improve.
Can you come up with your own personal challenges?	
<p>Dorset Poole Games are interested to hear about your challenges. You may wish to film your challenges to send in or you could write them up and email them in for us to share on the BMS website for others to try.</p> <p>You may have seen my attempt at juggling, it can be similar to that!</p> <p>When planning your challenges, remember...</p> <ul style="list-style-type: none"> • The challenges should be simple and fun • They should take between 30seconds to a minute to complete, with the idea being you have 3 attempts (practice in-between) to try and improve each day. • If filming, introduce yourself (first name) and say which school you are from. • If you have a School Games Tshirt - Please wear that or your Schools PE kit. <p>It will be helpful to think about:</p> <ul style="list-style-type: none"> • Ways to make it easier or more difficult to adapt it for younger and older children (different abilities) • How to make sure the space is safe and adaptable as not everyone may have the same space to work in 	
<p>If you would like to share your videos or written challenges, please email: blog@castlemanacademytrust.co.uk In the email, you must include permission from your parent for sharing the video on social media and the internet.</p>	