

Home PE challenges

KS2 challenges:

Around the sock – how many quarter turns can you complete?



https://www.youtube.com/watch?v=c9lm8Y7koqE&list=PLgWiXJ6g6sf_V3628Ta32rokDsiCy571y&index=8&t=0s

The stork balance challenge



https://www.youtube.com/watch?v=aDxT56hGL0&list=PLgWiXJ6g6sf_V3628Ta32rokDsiCy571y&index=3

The plank challenge



https://www.youtube.com/watch?v=BHLZZgKkw8&list=PLgWiXJ6g6sf_V3628Ta32rokDsiCy571y&index=4

Sock throw challenge



https://www.youtube.com/watch?v=JfSI3G0p4u0&list=PLgWiXJ6g6sf_V3628Ta32rokDsiCy571y&index=6

The speed bounce challenge



https://www.youtube.com/watch?v=zzWyMWAEfk4&list=PLgWiXJ6g6sf_V3628Ta32rokDsiCy571y&index=1