



The Bolsover School P.E department summer transition challenge

- ✓ There are 100 PE challenges below for you to complete both in your primary school and at home - tick off each challenge when you have completed it.
- ✓ How many rows and columns can you complete?
- ✓ Bring in your completed sheet to the PE department in September – achievement points will be awarded for every row/column completed!

Complete a Joe Wicks workout	Complete 10,000 steps in a day	Find out the major muscles in the body	Plank 4 x 20 seconds	Complete an online yoga class	Research how to perform a lateral pass in rugby	Go for a bike ride	10 push ups 10 burpees 10 sit ups	Find out the major bones in the body	Walk 2km
Jog on the spot for 5 minutes	Research how to perform a short serve in badminton	10 squats every minute for 10 minutes	Create your own circuit session	Find out the difference between strength and muscular endurance	Complete a football skills drill	10 tricep dips 10 lunges 10 star jumps	Research how to perform a lay up shot in basketball	Run for 10 minutes (safely!)	Create your own plyometrics session
Find out what the 10 components of fitness are	Go for a bike ride	Complete an online yoga class	Research what makes a good warm up and cool down	Walk 3km	12 push ups 12 burpees 12 sit ups	Research how to perform a jump shot in handball	Complete 10,000 steps in a day	Plank 4 x 30 seconds	Complete a Joe Wicks workout
12 tricep dips 12 lunges 12 star jumps	Complete a throwing & catching drill	Research how to perform a push pass in hockey	Jog on the spot for 6 minutes	Complete a core workout	Run for 12 minutes (safely!)	12 squats every minute for 12 minutes	Research the 5 heart rate zones	Create your own circuit session	Perform a wall sit for 1 minute
Plank 4 x 40 seconds	15 push ups 15 burpees 15 sit ups	Complete a Joe Wicks workout	Research the different positions in netball	Go for a bike ride	Complete 10,000 steps in a day	Research & complete the standing jump test	Walk 4km	Complete an online yoga class	Research the difference between magnetic north, true north and grid north
Create your own circuit session	Complete a core workout	Run for 14 minutes (safely!)	15 tricep dips 15 lunges 15 star jumps	Research the basic rules of basketball	12 squats every minute for 15 minutes	Set yourself a S.M.A.R.T goal for the week	Perform a wall sit for 1 minute	Research & complete an interval training session	Jog on the spot for 7 minutes
Complete a football skills drill	Walk 5km	Complete 10,000 steps in a day	18 push ups 18 burpees 18 sit ups	Find out 5 benefits of physical activity	Research how to perform a jump shot in handball	Plank 4 x 50 seconds	Complete a Joe Wicks workout	Go for a bike ride	Complete an online yoga class
Research & complete the wall throw test	Create your own plyometrics session	Jog on the spot for 8 minutes	Perform a wall sit for 90 seconds	Run for 16 minutes (safely!)	Research how to serve in tennis	Find out 5 short term effects of exercise	18 tricep dips 18 lunges 18 star jumps	Complete a core workout	12 squats every minute for 15 minutes
20 push ups 20 burpees 20 sit ups	Find out 5 long term effects of exercise	Go for a bike ride	Complete an online yoga class	Complete 10,000 steps in a day	Walk 6km	Complete a Joe Wicks workout	Hold the plank for as long as possible	Research how to perform the shot put	Research how to perform the long jump
Research how to perform the discus	Run for 16 minutes (safely!)	Research and perform the ruler drop test	12 squats every minute for 20 minutes	20 tricep dips 20 lunges 20 star jumps	Jog on the spot for 10 minutes	Create your own circuit session	Complete a throwing & catching drill	Perform a wall sit for as long as possible	Complete a core workout