

## Q3 Academy Langley – P.E and Enrichment Challenge Grid

Welcome to the Q3 P.E challenge.

We know it is a difficult time at the moment so the P.E team have set some challenges that can be completed in your garden or anywhere outside, with little or no equipment.

You must attempt at least **one of the grey boxes a week** and an **additional four** challenges.

If you complete one of the staff challenges and record it, send it into the Academy via our Facebook page. You'll receive Q points on our return.

Print the grid off and cross off the ones you have attempted. It does not matter if you do not complete a certain challenge, you can always revisit the challenge the following week.

Parents please get involved - (Sorry, there are no Q points available for you!)

Stay safe - Q3 P.E Team

ACADEMY  
LANGLEY

<p>Get a tennis ball, throw it against the wall and catch it</p> <ul style="list-style-type: none"> <li>- 10 x left hand</li> <li>- 10 x right hand</li> <li>- 10 x alternative hands</li> <li>- Turn 360° and catch</li> </ul> <p>(To make harder increase the distance)</p>	<p>★ <b>MPN challenge</b></p> <p><b>Juggling with a football complete the 'head, shoulders, knee and toes' nursery rhyme without dropping the ball.</b></p>	<p>Research the following <u>words</u> and define them in your <u>own</u> words:</p> <ul style="list-style-type: none"> <li>- Healthy</li> <li>- Diet</li> <li>- Energy</li> <li>- Nutrients</li> </ul>	<p>Create an 80's style aerobics workout... you can choose the music. (You can find inspiration on YouTube)</p>	<p>Complete 3 times:</p> <ul style="list-style-type: none"> <li>- 50 press ups</li> <li>- 50 sit ups</li> <li>- 4 min plank</li> </ul>	<p>Complete 40 keepy up's with a football.</p> <ul style="list-style-type: none"> <li>- 10 left foot</li> <li>- 10 right foot</li> <li>- 10 headers</li> <li>- 10 alternating feet.</li> </ul>
<p>Complete 10 Basketball free throws in a row</p>	<p>Complete a Joe Wicks physical activity workout.</p>	<p>Go on to YouTube and complete a yoga session.</p>	<p>Mark out 5m/10m in your garden and complete a 400m run. Can you increase this each day? *400m = 1 lap of a running track*</p>	<p>Re-create your top 5 sporting moments – Why were they in your top 5? How did they make you feel?</p>	<p>Create a Gymnastics routine. It must include; rolls, jumps, mirror balances, 1,2,3,4 point balances. You must choose appropriate music.</p>
<p>Research your favourite event in the Olympic Games – Who are the most successful athletes for Team GB in that particular event?</p>	<p>Watch a sport related film on Netflix or YouTube – The English Game, The Game Changers, Icarus, Katie (Rise of the Female Boxer), Coach Carter, Last Chance U.</p>	<p>Create a circuit that has 12 stations. The circuit must include the following; upper body exercises, lower body exercises and cardio.</p>	<p>Choose your own music and create a dance or fitness routine. Can you relate it to the lockdown and the support for the NHS? What style of dance will you choose?</p>	<p>Create a dance routine to your favourite track at the moment.</p>	<p>Complete a 15 min meditation session. (Use YouTube to help)</p> <p>Healthy minds are important too.</p>
<p>Create a fact file on your sporting role model. Tell us why they are your hero.</p>	<p>★ <b>NDY challenge</b></p> <p><b>I am currently running 3K a day – What is your fastest time?</b></p> <p><b>You made need your parents to help!</b></p>	<p>Research what a balanced diet is. Create a diet diary identifying what you eat each day. What category of foods do they fit into? (Carbs, fats, proteins etc...) Can you improve your intake in a certain area e.g. vitamins?</p>	<p>Create a fact file on London 2012 Olympics.</p> <p>What advantages and disadvantages did it bring to the city and any further?</p>	<p>Research the seven different types of nutrients your body needs to grow, for example, protein.</p>	<p>★ <b>LDS challenge</b></p> <p><b>Using any sports equipment you have, use a bin as a target (5m away.) To complete the challenge successfully you need to get 8 out of 10 in the bin.</b></p>
<p>Research the different barriers that stop individuals from taking part in sport. What can we do as a nation to break down these barriers?</p>	<p>Complete 3 times:</p> <ul style="list-style-type: none"> <li>- 30 press ups</li> <li>- 30 sit ups</li> <li>- 2 min plank</li> </ul>	<p>Can you teach a parent, carer or sibling a new skill? Alternatively, can you teach them something you have learnt during your P.E lessons?</p>	<p>★ <b>SRN challenge</b></p> <p><b>Each week I create or learn a new dance motif. Can you do this in your favourite style of dance?</b></p>	<p>Create and complete a 'you know the FIFA drill' go on YouTube if you need some ideas. 'Football is always the winner'</p>	<p>Go onto YouTube and research Capoeira. Can you learn the basic moves and create a small routine?</p>
<p>★ <b>DSL Challenge</b></p> <p><b>Complete a rally of 50, using any sporting equipment you have. If you don't have a net you could use the washing line.</b></p>	<p>Go on to YouTube and complete a pilates session.</p>	<p>Research the most successful sporting nation in a particular sporting event. Why are they most successful at one event more so than others?</p>	<p>Learn the Haka.</p> <p>Why do New Zealand perform the Haka? What does it signify to them?</p>	<p>Find something new about a sport that you did not know before. What category would it fit into? Invasion, net and wall, striking and fielding, athletics?</p>	<p>Complete 10 lay ups in a row without missing one.</p>