

## PE challenges after Easter break!

**You can find all of these PE tasks in the PE Share Point folder. Click on this link:**

[https://sharepoint.prioryacademies.co.uk/sites/pe/pemstudent/\\_layouts/15/start.aspx#/PE%20at%20home/Forms/AllItems.aspx?RootFolder=%2Fsites%2Fpe%2Fpemstudent%2FPE%20at%20home%2FPE&FolderCTID=0x012000FF3F199A4D3B1D4DA597342B316F0371&View=%7B5263E061%2DF9C3%2D4BB3%2DAF9F%2D005183BB0F62%7D](https://sharepoint.prioryacademies.co.uk/sites/pe/pemstudent/_layouts/15/start.aspx#/PE%20at%20home/Forms/AllItems.aspx?RootFolder=%2Fsites%2Fpe%2Fpemstudent%2FPE%20at%20home%2FPE&FolderCTID=0x012000FF3F199A4D3B1D4DA597342B316F0371&View=%7B5263E061%2DF9C3%2D4BB3%2DAF9F%2D005183BB0F62%7D)

- **Complete the daily fitness challenges (See power point presentation).** Can you beat your score the next day? Keep us updated with your scores!

Email your scores/ times to:

Mr Selby - [cselby@prioryacademies.co.uk](mailto:cselby@prioryacademies.co.uk)

Miss Whelan - [kwhelan@prioryacademies.co.uk](mailto:kwhelan@prioryacademies.co.uk)

- **Play the Olympic Alphabet Fitness Bingo game!**
- **Read the description of each performer and then watch the 12 short video clips of these elite sport stars from a range of different sporting contexts.**

Access the link below:

<https://www.bbc.co.uk/bitesize/topics/z8hki6f/resources/1>

These professional sports men and women talk about their experiences and progression to become sport stars and have amazing careers in sport at the top level.

- 1) A training day at Newcastle United FC
- 2) **Bryony Shaw** - Olympic windsurfer
- 3) **Francesco Molinari** – Golfer
- 4) **Niko Hulkenburg** – F1 Driver
- 5) **Tonia Couch** – Olympic Diver
- 6) **Rebecca Adlington** – Swimming (Double Olympic gold medallist Rebecca Adlington encourages girls to swim).
- 7) **Sasha Corbin** – Netball (England netball player Sasha Corbin encourages girls to get involved in Netball).
- 8) **Nicola Adams** – Women's Boxing – (Olympic Gold medallist Nicola Adams encourages participation in boxing and boxercise).
- 9) **Isa Guha** – Women's Cricket – (Former England cricketer and World Cup winner Isa Guha encourages girls to play cricket).
- 10) **Steph Houghton** – (England Lioness captain Steph Houghton encourages girls to participate in football).
- 11) **Katy McLean** – Female Rugby (Former England rugby captain Katy McLean encourages girls to try rugby).
- 12) **Mel Clarke** – GB Paralympic Archery (GB archer and Paralympian Mel Clarke encourages girls to try the ancient sport of archery).