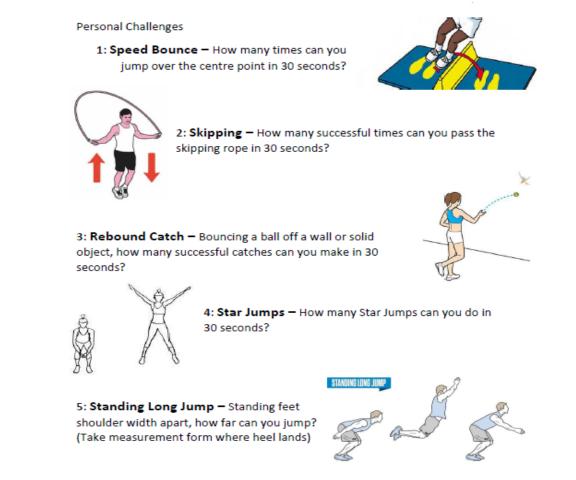


Next week it's National School Sports Week! I would like to give the children the opportunity to take part in a competitive sporting event at home.

The competition is based on completing a set of personal challenges that can be easily carried out at home. Go and challenge someone in your household to find out who is the champion! You could also compare your scores with your friends.

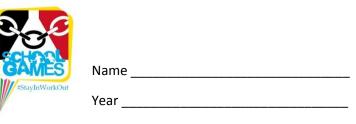


These challenges will test your strength, speed, flexibility and coordination. Can you improve to beat your opponent?

Everyday next week, practise each event to prepare for the final showdown on Friday to see who gets the most points. You can record your progress on the tracking sheet. The person with the most points across the 5 events is the winner.

Good luck!

Mr Raybould





Event	Monday	Tuesday	Wednesday	Thursday	Friday
Speed Bounce					
Skipping					
Rebound catch					
Star Jumps					
Standing Long Jump					