

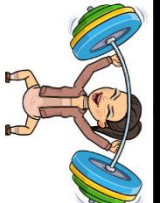
 Mrs Bentley says to have a rest.	Make a bridge and hold the shape for 10	Take a water break 	Pretend to be in a boxing match with Mr Guthrie for 1 minute 	Climb an imaginary ladder until your next turn	Balance on one foot for 30 seconds with Miss Whitton 	Name 3 types of dancing whilst hopping	Touch every door in the house	 STOP! Go back to the classroom for a water break
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Run on the spot for 1 minute – Can you race Mr Gray?


How many toilet rolls can your team balance on your body?

Perform 20 burpees

Name 5 sports that need a ball whilst doing shuttle runs

Lift an object above your head 20 times with Miss Lister


Name a sport beginning with 'f'

Pass a pillow around your body 25 ways

Have a water break with Mrs Knight

Classroom

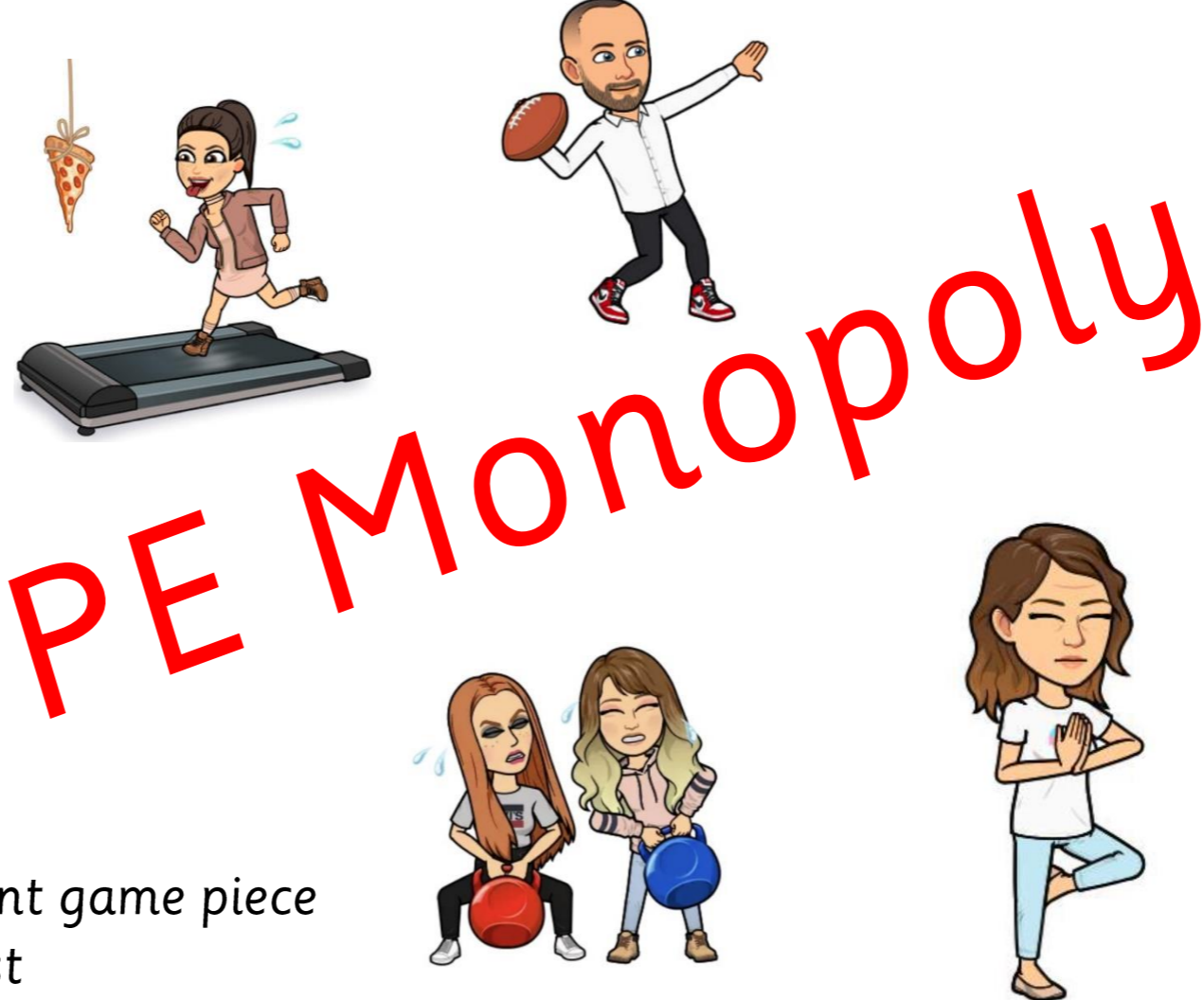
PE Monopoly


What you will need:

- Dice
- Playing pieces
- Toilet rolls (or rolled up socks)
- A balloon or ball
- A pillow
- Water for each player

Rules:

- Each player has a different game piece
- Youngest player goes first
- Roll the dice, move your piece and perform the task
- Perform your favourite celebration every time you pass go
- Be the first to perform 3 celebrations






**ENDSLEIGH
HOLY CHILD**
VC ACADEMY

Can you do 5 keepie-uppies with Miss Gawthorpe?


Name a sport beginning with 'b'


Wall sit for 30 seconds

Run on the spot as fast as you can with Miss Rollinson for 1 minute.


Keep a balloon in the air for 1 minute

Take a water break


Jump sideways over a pillow 20 times

Can you do 5 jump-full turns with Mrs Stapleton?


Take a water break


20 second plank

Jump forward 5 spaces with Mrs Bentley


Do 10 push ups

Balance on one foot and one hand whilst counting to 30

Do 20 star jumps

GO
When passing go perform your favourite celebration.