

# Physical Education

## Year 6 Transition

It's important for your health and well-being to be physically active for 30 minutes a day.

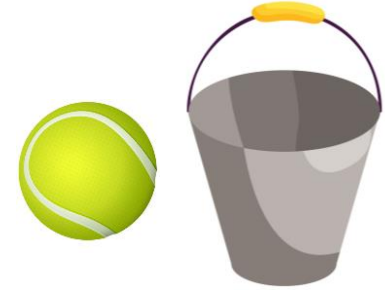
### Here is a challenge with two parts:

Part A is a skill or sport challenge.

Part B is a fitness challenge in the form of a circuit.

Complete the activities then answer the question on the next sheet.

## Your Challenge



### Part A (10 mins):

The Bucket Challenge

- Grab a small bin/or bucket
- Any small items that can be thrown
- Stand at least 1.5m away (Increase the distance to make it harder.

In **30 seconds** how items can you get into the bin.

**1 Item = 1 Point**

*Mr Fudge thinks he can score 15 in 30 seconds... what about you?*

### Part B (12 mins):

1 minute of **squats**

1 minute of **press-ups (or full or on knees)**

1 minute of **sit ups**

1 minute rest

Repeat x 3

*Miss Leat said, "try really hard to do as many as possible. Don't forget to write down your score for each activity".*

In this worksheet are avatars of the 6 teachers of PE....will you be able to recognise us in September?

Question	Your Answer	Ideas
What was your score in Part A?	My best score was...	<b>Feel Good</b>
How will you improve?	In order to improve my score I will... This will help me because...	<b>Sore</b>
What were your scores in Part B?	My total score is... This is broken down into: Total Squats: Total Press ups: Total Sit ups: Total of Squats + Press Ups+ Sit ups =	<b>Practise</b>
What changes to your body happened in part B?	My heart started to... This happened because... My breathing started to... This happened because... My muscles felt... They felt like this because...	<b>Tired</b>
Why is being physically active good for you?	The first reason Physical Activity is good for me is...  The second reason...	<b>Fun</b>
		<b>Active</b>
		<b>Increase</b>
		<b>Stronger</b>
		<b>Happy</b>
		<b>Hot</b>
		<b>Well being</b>
		<b>Fitness</b>

Here are avatars of the 6 teachers of PE....will you be able to recognise us in September?



**Mr Mooney**



**Miss Broom**

**Miss Palmer**



**Mr Fudge**



**Mr Pearce**



**Miss Leat**