

# Physical Education



Name: \_\_\_\_\_



## **Task 1 – PE at Testwood**

What are you most excited about in PE at Testwood and why?

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## **Task 2 - Design your own Testwood PE kit.**

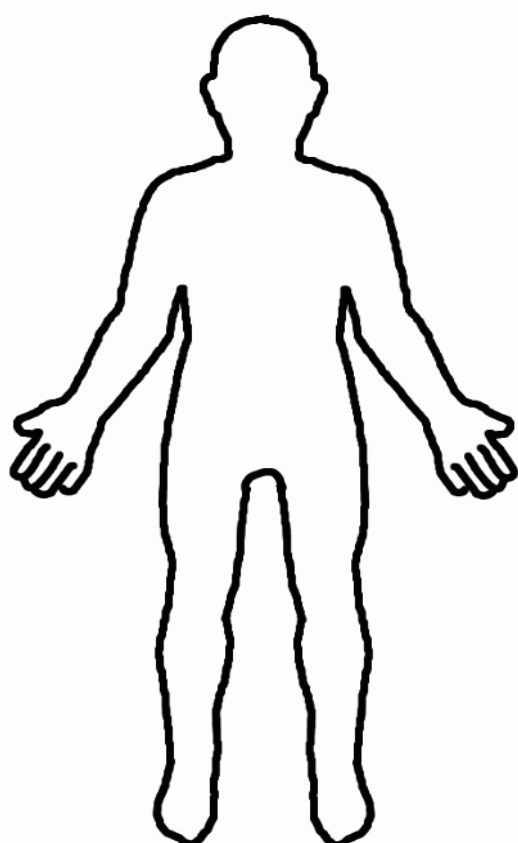
What safety points do we need to think about when organising our PE Kit?

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### **Why Do we wear PE Kit?**

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### **Task 3 – Create your own fitness workout.**

Your task is to create your own fitness work out and complete it every day for a week. Your work out will need to have at least 5 exercises. Be inventive!

## Example:

## 10 Push ups

## 10 Squats

## 1 Minutes High Knees

## 30 Seconds Star Jumps.

[illegible]

## **Task 4 – Fitness Challenges**

**Using the table below, record how many steps you can do each day.**

**Repeat for a second week and see if your overall weekly total has improved.**

**Try and see if you can increase your steps each day.**



<b>Week</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>1</b>							
<b>2</b>							

**Week 1 Total = \_\_\_\_\_**

**Total Difference = \_\_\_\_\_**

**Week 2 Total = \_\_\_\_\_**