# **Physical Education**



### Name:

## Testwood School Induction 2023 😽

#### Task 1 – PE at Testwood

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

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

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

Why Do we wear PE Kit?	

#### 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 lease . exercises. Be inventive!

#### **Example:**

- **10 Push ups**
- **10 Squats**
- **1** Minutes High Knees
- 30 Seconds Star Jumps.

Amount/Length of Time (Reps)	How many times? (Sets)		



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.





Week	Mon	Tues	Wed	Thu	Fri	Sat	Sun
1							
2							

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

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

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