

Physical Education



Name: _____



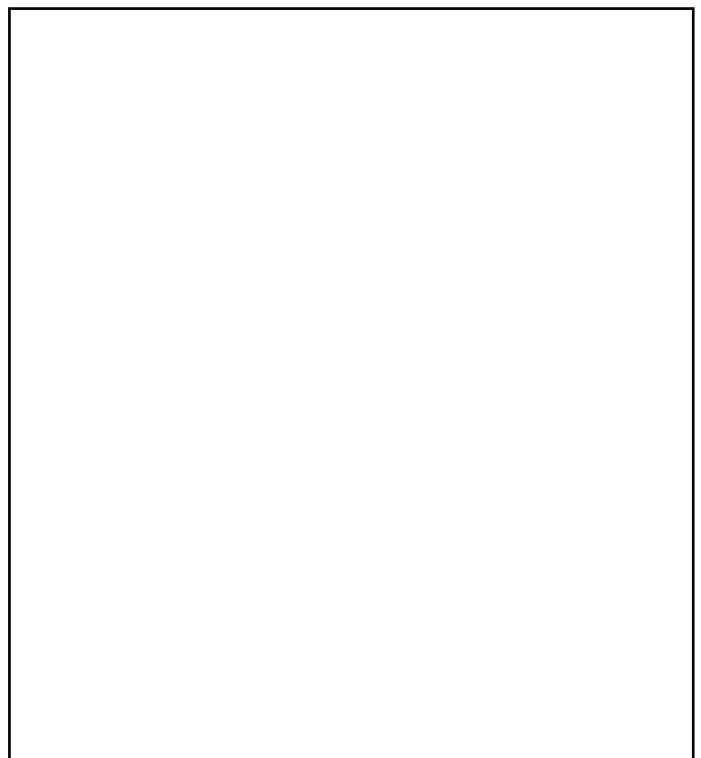
Task 1 – PE at Testwood

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 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 = _____