

Year 6 PE

Transition Challenges

Welcome to Team Trinity,

To get you ready and prepared to start with us in September, we would like you to try out some of these physical challenges. They are fun *'compete against yourself'* tasks for physical activity with a focus on resilience and perseverance. You can aim to achieve bronze, silver or gold medal targets. There are a range of activity cards and videos, please use the link below:

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

The image shows three physical challenge cards from the Youth Sport Trust. Each card is titled '60 Second Challenge' and includes a description of the challenge, equipment needed, and achievement targets (Gold, Silver, Bronze) with corresponding medal icons. The challenges are: 1. Fast Feet: Dribbling a ball around a marker and back in 60 seconds. 2. Star Jumps: Completing as many star jumps as possible in 60 seconds. 3. The Plank: Holding a plank position for 60 seconds. Each card also features a motivational question and the hashtag #StayHomeStayActive.

You can download a Challenge tracker sheet to print off and complete. We would love to see what you can achieve. You can forward this to the PE department or bring it into school with you in September.

<https://www.youthsporttrust.org/system/files/Challenge%20Activity%20Tracking%20Sheet.pdf>

The image shows a '60 Second Challenge Activity Tracking Sheet'. It has a red header with the title and a 'Name:' field. On the left, there is a circular graphic asking to tick boxes for Gold, Silver, and Bronze achievements. On the right, another circular graphic asks if the user can work hard to achieve these medals. The main body of the sheet consists of a 3x3 grid of dashed boxes, each containing a medal icon (Gold, Silver, or Bronze) to be ticked off.

If you have any photos of your efforts, please send the Mrs Barrett (Head of PE) barrett_s@trinityhigh.com or tag us in on twitter @TrinityHighPE