

## Weekly P.E Newsletter

Another fantastic week of PE with a lot of people giving all the various challenges a go. As it was Children's Mental Health week, we looked at getting active every day to see how it can make a difference to how we feel, I for one find exercise as a great way of making yourself feel better and hopefully some of you have found this to be the same. It was lovely to see hear you spending time with family, going on some walks and playing games together so well done and keep this up!

This week with there being so many challenges and so many different scores, I'd like to say a massive well done to absolutely everybody who has taken part, whether it was one challenge or them all, great job! Big shout out to:



I ♥  
PE

- George in year 1,
- Nimrod in year 4
- Dylan in year 6

Who all managed to complete all 3 of the challenges to a very high standard. Great job guys!

This week, I will be setting 3 challenges, these challenges are for everyone in the school

'So give them a go'

Challenge 1: Bottle flip challenge! In 10 attempts, how many times can you land a bottle flip?

Challenge 2: Turn a chair upside down, using the legs of the chair as targets, in 10 attempts how many times could you land a hat onto one of the chair legs?

Challenge 3: With a partner, find an object such as a ball, toilet roll or anything similar. You need to place this object in front of you at the same distance away from each other. Counting down from 3, how many times can you grab the object before your partner in 10 attempts?

Good luck everybody.

Please give at least one of these challenges a go, it is all about taking part. Remember to upload your scores onto seesaw or email them to [ahobbs@reddings.herts.sch.uk](mailto:ahobbs@reddings.herts.sch.uk).

Your scores must be in by Wednesday 3<sup>rd</sup> at 3pm.

Mr Hobbs