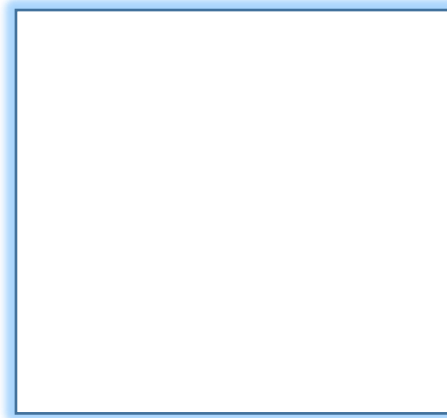




# Me in PE



(Draw or stick photo of yourself)

Name: .....

Primary School: .....

Sports that I enjoy playing/taking part in:

.....  
.....  
.....

Clubs/Teams that I play/have played for:

.....  
.....  
.....

A sporting achievement or something that I am proud of in PE/sport:

.....  
.....  
.....

Sports Clubs/Teams that I support:

.....  
.....  
.....

Pick a player/athlete who you think is a good role model to students your age. Explain why you have chosen them and why they are inspirational to young people.

.....  
.....  
.....  
.....  
.....

At Haydock High School, you can look forward to taking part in a wide variety of extra-curricular sports clubs at lunch-times and after school. From the list below, please tick which clubs you would be interested in attending.

Football		Trampoline	
Netball		Gymnastics	
Rugby		Fitness	
Cricket		Rounders	
Basketball		Badminton	
Table Tennis		Athletics	

Set yourself 2 targets that you hope to achieve in PE in Year 7.

Target 1:

.....  
.....

Target 2:

.....  
.....

## Personal Challenges

Below are several PE challenges that you may want to attempt at home. You can record and share your score if you like.

### Speed Bounce Challenge

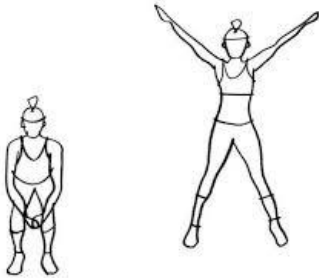
Place a cone/object on the ground, and ask someone to time you with a stop watch. When they say "go", jump from two feet to two feet over the cone. Count how many you can do in 60 seconds.



My Score: .....

### Star Jump Challenge

How many star jumps can you compete in 60 seconds? Ask a parent/sibling/friend to time you using a stopwatch.



My Score: .....

### Push Up Challenge



How many push ups can you do in 30 seconds? Ask a parent/sibling/friend to time you using a stopwatch. (You can go from your knees if you prefer, as in the top image).



My Score: .....

### Sit Up Challenge



How many sit ups can you do in 30 seconds? Ask a parent/sibling/friend to time you using a stopwatch.



My Score: .....

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### Rugby Catch Challenge

Throw the rugby ball up, clap once before you catch it. If you catch it after one clap, move on to two claps, then three claps and so on. What is the highest



greatest number of claps you can complete between throwing the ball up and catching it? (any ball will do if you don't have a rugby ball)

My Score: .....

### Football Juggle Challenge

How many times can you juggle (keepy-ups) the football before it touches the floor. You can use your feet, knee, chest and head.



My Score: .....