



PHYSICAL EDUCATION

PE LEADERS

EQUIPMENT

Pen and paper, some objects that can be used as balls (tennis ball, rolled up socks, screwed up paper, a round piece of fruit)

SKILLS & LEARNING:

Leadership, communication, evaluation.

RULES

Either print this sheet, or get a pen and paper ready!

Write an exercise plan for the people in your house, include: Exercises, stretches, balances, skills (e.g. throwing skills) and time limits

Lead your exercise session and get all of your household to take part.

At the end, ask them for some feedback on how it went.

Get another piece of paper & pen, and write a short evaluation about your session.

Consider: two things that went really well, one thing you would like to improve and how

Exercise/Skills Challenge	Time/Quantity	Score			
		Mom	Dad	Bro	Sis
Low plank	Hold for 1 min	58s	43s	52s	52s
Star jumps	100 in 1 min	80	80	60	55
One-handed catches	25 in a row (no drops)	15	18	22	25
Sprint on the spot	Fast for 1 min	60s	60s	60s	60s

EVALUATE

2 goals and a save!

Write down 2 goals (things that went well), and 1 save (an area for improvement). Consider and write HOW you would improve if you did this again.

