



KS2



Sport Challenges- Week 1 Term 4

Challenge	Task
<p>Challenge 1- Leg Kicks</p> 	<p>How many Leg Kicks can you do in 1 minute?</p> <p>Remember to kick your leg as high as you can, keep switching legs and kick with power. Balance is important for this one!</p> <p>Idea- Draw yourself kicking your leg as high as you can.</p>
<p>Challenge 2-Curtsey Squats</p> 	<p>How many Curtsey Squats can you do in 2 minutes?</p> <p>Remember to step your leg behind you, keep switching sides and stay low. This is a great exercise for the legs!</p> <p>Question- Can you think of two more leg exercises? You could teach these exercises to someone in your household.</p>
<p>Challenge 3- Leg Pulses</p> 	<p>Can you complete 10 leg pulses to the front, side and back?</p> <p>Remember to keep your body still, place your arms in a position that helps you to balance and keep your leg extended.</p> <p>Research- How many sports are in the Summer Olympics? From this research which sport do you enjoy participating in the most and why?</p>