

**Miss Orchard’s weekly P.E challenge!**

Hello to all of you at Hambridge who are home learning at the moment. At school we are all missing your lovely faces and hope to see you all again very soon! Over the next coming weeks, Myself and Mrs Sauter are going to set you some Hambridge activity challenges to complete at home. These challenges will be a fun way of keeping active during your time at home and if you get a chance, we’d love to see some pictures of you doing the tasks. Each Task will be one that caters to every age group, so it’s a chance for every one of you to make Hambridge the most active school around! Are you ready?......

On your Marks…

Get set…

Go!!!

This week your task is to complete the one-minute challenge. It’s simple, all you need to do is choose an activity, something simple like star jumps or Skips with a skipping rope. The activity can be as silly and as fun as you like, my favourite, kicky uppies with a toilet roll! You then need to repeat this activity every day this week, seeing how many you can complete in one minute! The aim of the game is to try and beat your score every day. Why not record your scores? We’d love to see them! My handy hint of the day is to practise the activity before you set your timer, that way your score should be higher, why not try best of three? Don’t forget to get your adults involved, you might just beat them! We can’t wait to see how you get on, Go Team Hambridge!