


P.E. SKILLS-ALPHABET CHALLENGE

Create a word by picking letters and then completing the challenges. A good place to start is using your name!

A- How many jumping jacks can you do?	B- How many times can you pass a ball around your waist?	C- Can you stay in a plank position?	D-How many times can you throw and catch a ball against a wall?	E – How many times can you throw an object into a target?
F- Can you balance on your right leg?	G-Can you balance something on your head, standing still, without it falling off?	H- How many 5m shuttle runs can you complete?	I- How many times can you bounce a ball with your right hand?	J – How many times can you hop on your left foot without putting your right foot down?
K- How many keepy uppy's can you do with a ball/object?	L- How many times can you bounce a ball into a target?	M- How many times can you roll a ball in a figure of 8 around your legs?	N- Can you balance on your left foot?	O- How many times can you hit a target by kicking a ball with your right foot?
P – How many times can you hop on your right foot without putting your left foot down?	Q- How many times can you bounce a ball with your left hand?	R- Can you balance something on your head, while moving, without it falling off?	S- How many step ups can you complete without stopping?	T-How many times can you throw a ball in the air, touch your head then catch it?
U- How many times can you hit a target by kicking a ball with your left foot?	V- How many burpees can you complete?	W-How many press ups can you do?	X – How many times can you bounce a ball with alternating hands?	Y – How many times can you throw a ball into the air, touch head, shoulder and knees, and catch it again?
 <p>You have 1 min to complete each challenge!</p>				Z- How many times can you bounce a ball with both hands together?