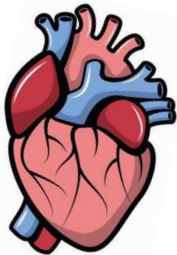


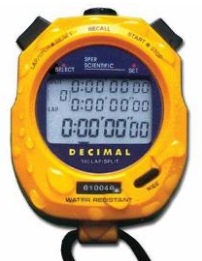
# Performing

- Complete a park run
- Complete a sponsored walk
  - Do the splits
- 3 Minutes of skipping with a rope
- Play badminton at your leisure centre
- Cycle to school everyday for 2 weeks
- Record yourself doing a keepie uppie challenge
- Record yourself shooting baskets for 2 mins
  - Hold plank for 2 minutes
- Complete over 100,000 steps in a week
  - Create a dance routine
- Record yourself doing the crossbar challenge



# Discovering

- Learn how to calculate your resting, working and maximum heart rate.
- Learn how to maintain a healthy balanced diet.
- Learn the names of all your leg muscles
- Learn the names of all your arm muscles.
- Watch a youtube video on the short and long term effects of exercise
  - Research a sports performers sporting history
- Learn the Basketball referees hand signals
- Research your favourite sports performers daily diet
- Name all the blood vessels in your heart.
- Read the sport section of a newspaper.



# Spectating

- Watch a professional fixture
- Support a friend playing sport
- Be an official photographer at a school fixture
  - Watch 3 school fixtures
  - Get a selfie with a sporting icon.
- Write a match report for a school fixture
- Watch a Question of Sport TV programme
  - Follow the weekend football scores
  - Watch a Wimbledon Tennis match
  - Follow Tibshelf PE & Sport on Twitter
- Watch a sports film e.g. Coach Carter, Bend it like Beckham, Step Up.





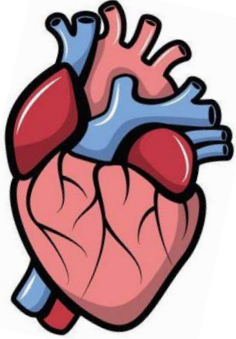
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