

Week 8 - It's good to be me because I like to try new and different activities...

This is the last week of remote PE so I wanted to do something a bit different.
Have a go at all or some of these activities or find something new and different to try.

It doesn't matter how good you are, it matters that you have given it a go.

More importantly, have fun!

My top tip:
The more you practise the better you will get

Fitness drumming:

Uptown Funk

<https://www.youtube.com/watch?v=vDSzwK6vSOA>

This is me:

https://www.youtube.com/watch?v=GwWYA_oPbU0

(watch out for flashing lights towards the end)

Think about what equipment you could use. A ball and wooden spoons? A woggle?

3 ball juggle:

<https://www.youtube.com/watch?v=dCYDZDlcO6g>

Think about what equipment you could use. Make sure they are the same size and weight

Go on a journey: Can you climb a mountain or walk/ run/ scoot/ cycle as far as ...?

Investigate the height of different mountains, can you climb them by repeatedly climbing your stairs?

OR

Find out how far another city is, can you or walk/ run/ scoot/ cycle there?

You might need to do some maths for this one. Also, you might want to calculate it using 1 step = 1 mile

(Floor) climbing:

Set yourself a course, can you successfully "climb" up through it. Have a look at this video to help you:

<https://www.youtube.com/watch?v=jSP-fWmk36A>

Think about what equipment you could use. Socks, gloves? Can you put in extra obstacles?

How good is your co-ordination?

Have a go at some of these games:

<https://www.youtube.com/watch?v=wP6x6fO8uaA>

You will definitely need a balloon but everything else is up to you...

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**MID SUSSEX
ACTIVE**