





DEAL OR NO DEAL RULES



- + **FIRSTLY PICK A BOX NUMBERED 1-18.**
- + **THIS IS YOUR BOX YOU WILL NOT HAVE TO COMPLETE THIS EXERCISE/ACTIVITY.**
- + **SECONDLY PICK AN EXERCISE.**
- + **THIS EXERCISE YOU WILL HAVE TO COMPLETE 10 TIMES IF YOU FAIL TO COMPLETE YOUR BOX 'NO DEAL'.**
- + **START THE GAME BY RANDOMLY SELECTING A BOX 1-18, ATTEMPT TO ANSWER/COMPLETE THE ACTIVITY.**
- + **AFTER COMPLETING OR FINISHING YOUR 'NO DEAL' EXERCISE YOU THEN SELECT A DIFFERENT BOX.**
- + **YOU CONTINUE THIS PROCESS UNTIL YOU HAVE COMPLETED ALL THE BOX.**
- + **DIFFERENT WAYS TO PLAY THE GAME: WITH A FAMILY MEMBER, TIME YOURSELF TO SEE HOW LONG IT TAKES, MAKE UP YOUR OWN ACTIVITIES AND QUESTIONS.**
- + **ON THE NEXT PAGE YOU WILL SELECT ONE OF THE NUMBERED BOXES.**
- + **CLICK TO THE PAGE AFTER TO SEE WHAT EACH BOX EXERCISE/ACTIVITY IS. TRY AND PICK RANDOMLY WITHOUT PRE READING WHICH EACH BOX IS.**
- + **GOOD LUCK & ENJOY**

**PICK A NUMBERED BOX. THIS BOX YOU WILL
NOT HAVE TO COMPLETE.**



**CHOSE NUMBERS AT RANDOM AND SEE IF YOU CAN
COMPLETE THE PHYSICAL EDUCATION CHALLENGES.**

NUMBERS BOARD

PICK NUMBERS AT RANDOM WITHOUT LOOKING AND CROSS OFF EACH ACTIVITY YOU COMPLETE.

1	1 minute plank challenge. GO!	6	Name or demonstrate 3 different Gymnastic rolls.	11	Where is the next Olympic games due to be held?	How can you recover in sport? List the best ways.
2	How many tablespoons of sugar does a coca cola can have in it?	7	How much water should you drink a day?	12	How many Football kick ups can you do in 1 minute?	1 minute wall sit.
3	Who are the current Premier League champions?	8	50 Star Jumps	13	Throw and catch with a partner or against a wall 20 times.	Answer why it is important to warm-up before exercise.
4	Throw and catch 10 different ways. (1 handed, 2 handed, on one leg etc.)	9	Name 5 different fruits.	14	How many muscles or bones can you name in the human body?	30 Squat Jumps.
5	How many sit ups can you do in 1 minute?	10	20 Burpees	15	How many steps can you do on the spot in 9.63 seconds?	

**CONGRATULATIONS YOU COMPLETED DEAL
OR NO DEAL..**

