Counting to 100 PE activities

Try these different activities and record how many you can do each day. Challenge: does your score improve each day or each time you try it? You don’t just have to complete this once, you could keep it for as many weeks as you can and see how your scores improve each week!

Extra challenge – using the blank table could you then think of your own activities to then count how many you can do and record these?

Could you then challenge a member of your family to see how many they can do of each? Count and then record that in another table.

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| Activities | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Skips without stopping |  |  |  |  |  |  |  |
| Hops on left leg without stopping |  |  |  |  |  |  |  |
| Hops on right leg without stopping |  |  |  |  |  |  |  |
| Catches with a ball on your own without dropping the ball |  |  |  |  |  |  |  |
| Catches with someone else without dropping the ball |  |  |  |  |  |  |  |
| Jumps without stopping – bunny jumps or jumping in the air or star jumps |  |  |  |  |  |  |  |

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| Activities | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Activities | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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