

Football Challenge:

Hi everyone, It's PE challenge time. I'm going to set a football challenge this week.

Your challenge for this week is to see if you can complete 100 ball touches without stopping. This can be on the spot (toe taps) or on the move (penguin feet). There is a video to help you, the link is below and on the PE twitter page. Don't forget to post videos and pictures of you in action on the Rose Hill PE twitter page.

Extra challenge: How many toe taps or penguin feet can you complete in one minute. Try and beat your score and don't forget to log it on your activity log.

Good luck and have fun!

Mrs Dennett

Toe taps video:

<https://www.bing.com/videos/search?q=toe+taps+in+football&docid=607987213010995124&mid=2C14CFC045CF909C1DD72C14CFC045CF909C1DD7&view=detail&FORM=VIRE>

Penguin feet video:

<https://www.bing.com/videos/search?q=inside+taps+in+football&docid=608042231592455244&mid=1D54B56D82AC25385CF71D54B56D82AC25385CF7&view=detail&FORM=VIRE>