







Testbourne Community School

PE Summer Challenge

Physical Education Bingo: Complete a challenge and tick the box. You could play on your own, against a family member or friend by trying to complete a row, column, or diagonal of challenges

 Physical Challenge	 Sports Learning Task	 Physical Challenge	 Sports Learning Task
Jog or brisk walk for 10 minutes	Learn 3 basic rules of badminton	Hold a plank for 3 sets of 30 seconds, resting in between	A football team played 38 matches in a season and scored 76 goals in total. What was their average number of goals per game?
Dribble a ball (football or basketball) continuously for 10 minutes	Name 5 famous British athletes and their sports	Cycle or scooter around safely for 10 minutes	Learn a fun fact about the history of the Olympics
Practice throwing and catching a ball with a partner or against a wall for 10 minutes	Learn the scientific names of 6 bones and 6 muscles in the body	Do a full-body stretch routine for 10 minutes	Name 3 football clubs in England and their home cities
Perform a fun dance or movement routine for 10 minutes	Translate the name of a sport into another language	Skip with a rope for 10 minutes	Name 3 healthy foods that athletes eat and explain why they're good for performance