

Weekly Challenge

This week we are looking for you to work on your speed by doing some high knees. We would like you to put in 5 minutes worth of practise every day as well as a timed 30 effort at the end. There are some pictures below to show you what high knees looks like.

Important things to know:

- Don't lower your hands to your knees, keep them in the same place around waist height (imagine you are pushing a shopping trolley)
 - Keep on your toes so you can move quickly.
- Stay on the same spot if you can. If you struggle to do so move around like a high knee jog – remember to keep your arms out at waist height.



Name:

School:

Year:

Record your results below and send the below results to the following email
with a chance to win a prize when we return to school!

Pchadwick@vale-academy.org

Day	High Knees in 30 seconds
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Thanks everyone. Stay safe and keep doing PE!

Mr Chadwick and Mrs Lawton