



6th class PE Challenge (May 11th – 15th)

3 sets of each exercise – no time constraint

- 8 press ups
- 12 sit ups
- 15 Jumping jacks

- 40 seconds high knees
- 40 seconds heel kicks

- The plank – 20 seconds

Class Burpee challenge

- How many burpee's can you do in 30 seconds?

Send your answers to your teacher on seesaw

Pupil with the highest amount in each class will receive a? OB Pass?

(Burpee demonstration on the link below)

<https://youtu.be/IYIT3GN9JOW>