

## Consilium Academies

# Beyond the Curriculum

PE activities to add some fun to your studies.



### 1. 40 RUNS: GNR CHALLENGE

The Great North Run is 40 this year and although the event may not be going ahead, they have set a challenge to go on 40 runs by the 13th September. These can be any distance or any speed. All you must do is try and complete all 40. Are you up for the challenge? They also have other challenges just search GNR SOLO, you could even do it for charity!!

**A RUN FOR EVERY YEAR**

### 2. WALL BALL

Find a wall and bounce a ball off it. Sound too simple? Every time you release the ball you must spin around and then catch and throw it back. Try with more force? Or Less Force? Even add in extra balls.

### 3. WHEELBARRROW RACE

Challenge your friends or household to a wheelbarrow race. Even if you're not able to see them set a specific distance and time your self as you wheelbarrow! Who will get the best time?



### 4. CARNIVAL GAMES

Try to recreate some carnival games. For example, stack up some cans (with permission) and see how many you can knock down. You could even create your own hook a duck!



### 5. MUSICAL STATUES

Get your whole household together and play a good old-fashioned game of musical statues. Try and bust out your best dance moves or try some challenging poses when the music stops!

### 6. WALLIE

Try and score a goal by kicking a ball against the wall and bouncing it back through your own legs. You get a point every time the ball goes through your legs. What is your high score?



### BONUS CHALLENGE

**CATCH IT**

Catch it Quick! Get someone to drop an object and you must run and catch it before it hits the ground!

### 7. I'LL BE YOUR CHEERLEADER

Come up with a cheer and performance either for someone in your household or even your favourite team. The more complex the better.



### 8. DANCE IN THE DARK

Put on your favourite piece of music and dance like no one is watching. Can you come up with a whole routine?

### 9. MIRROR IMAGE

For this activity you will need a friend or family member. You can either do this as a dance routine or as a yoga pose. Everything you do the other person has to mimic or copy exactly! Try something super challenging if they can keep up!

### 10. FOUR SQUARES

Draw out 4 squares on the ground either with chalk or sticks. Get someone to shout 1-4 then try and bounce the ball to them but the ball must bounce in a square before it gets to the. The other person cannot move so you must be accurate.