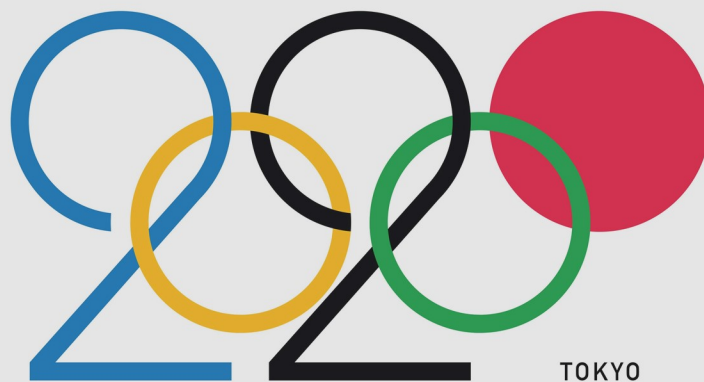


# **P.E CHALLENGE**

## **WEEK**

# **ATHLETICS CHALLENGE**



### **What you need to do**

Due to the Olympics not going ahead this year Elmwood School has decided to run their own! We have included 4 events that you have practiced in lessons!

Work through these events and input your scores on the other page to see who gets the highest score! There is a prize for the winner.

### **REMEMBER!**

**THINK ABOUT YOUR TECHNIQUE AND EFFORT AS THERE ARE EXTRA POINTS UP FOR GRABS!**

# P.E CHALLENGE

## WEEK

### ATHLETICS CHALLENGE

<u>Event</u>	<u>Distance/Time</u>
400m	
Javelin	
100m Sprint	
Shotput	

Points achieved for technique