



At Home or In School Competition

Hello everyone,

I hope you are all keeping safe and well!

During the week commencing 8th February we will be running a competition for all the children in the PEco Schools Network (you will know us as Mr Ward, Mr Hodgkinson or Mr Mackin). We are encouraging ALL children to take part regardless of whether you are at home or in school. Here are the activities we would like you to complete:



1. Footy Dribble

Do we have any top football players out there? For this activity all you will need is 5 cones or household items that are similar size and a ball. Space your 5 items or cones out with approx. 1m in-between cones, get an adult to help with this. Using a football or similar count how many times you can dribble the ball in and out of the cones in 30 seconds. Record your score using the rule, from one side to the other equals one!

Top tip: Keep the ball close to your feet and under control!

2. Plank Challenge

We are looking to see who has super core strength, is this you?

How long can you stay in the plank position for? Once you drop, the time stops.

Top tip: Whilst on your elbows/ forearms and tip toes, keep your body in a straight line from your head to your heels



3. Speed Bounce

Do you have fast feet and quick jumping? Give the speed bounce a go!

Using a cone or small object you can find around the house, see how many jumps over you can do in 20 seconds. Give it your best effort and record your time!

Top tip: No time for rest with this one 20 seconds non-stop 😊!



4. Throw, Clap Catch





4. Throw, Clap, Catch

Do you have brilliant hand eye coordination? Try this for a challenge!

Using a ball or object that is a suitable size for you, throw it up in air, clap and then catch the ball on its way down. You have 30 seconds to see how many catches you can complete.

Rule: If you drop the ball you cannot count that but don't worry, pick the ball up and continue counting from there!

Top Tip: If you throw the ball too high it might slow you down, if you throw it too low you might not be able to clap quick enough.

5. 5m Shuttle Sprints

Short sprints are involved in lots of sports... How quick can you be?

Ask a parent/ staff member to estimate 5 meters and place two objects or cones to mark the distance out. You must sprint out to the object/ cone and then run backwards to the starting object/ cone. Count how many sprints you complete in 30 seconds. Record your score using the rule, from one side to the other equals one!

Top tip: Have a practice running backwards before attempting to build up your confidence



Most children still attending school will be able to complete this during school time w/c Monday 8th February but we hope as many of you at home take part in our competition. If you are unable to do any of the activities, such as not having a football don't worry you can still enter by taking part in any of the other activities.

How to enter?

Schools/ Parents can either:

- Tag us in @PEcoSchools along with the child's school or send us a direct message on Twitter
- Email us at info@healthyactivelifestyles.co.uk

Information required: Child's first name or initials, school name, year group and scores

Results are to be submitted by Monday 15th February and winners will be announced Monday 22nd February.

Good Luck!