

Year 5 Personal Challenge Unit!

What? Why? How?





What is it ?

This is a chance for you to choose your own activities, set your own targets, learn about your own motivation levels, and prove that your body can do more than you think !

In order to get the most out of this , you must set your goals right!



GOAL SETTING :



I am choosing this because I will win, and look good!

I am choosing this because it looks like the easiest option!

I don't like getting sweaty, so I'm going to do the bare minimum!

My friend has chosen that one, so I'll do it too!

I can't think, so I'll just choose anything!



GOAL SETTING:

I've not done that before, and I'm not sure if I'll manage it, but I'm going to challenge myself!

I will be SO proud of myself once I have done it.

I want to step outside of my comfort zone, and you never know, I might love it!

My friend has chosen their option, but it doesn't fit with my targets, so I'll choose a different challenge that suits me better.





Why do it?

“The more you challenge yourself and succeed, the greater your confidence grows. You know you can do it, and then next time you just feel even better. Challenge doesn't just help you grow your skills and knowledge, it helps you grow your belief that you can.”

Get ready for you PERSONAL CHALLENGE!



Year 5 STAR OPTIONS

25M POOL	SWIM	SCOOT	RUN	SKIP/Hula	Bounce Hopper (20m)
5 lengths / 10 widths	1 Star	15 LAPS = 1 Star	2 laps 1 Star	4 Minutes = 1 Star	4 Lengths = 1 Star

Plan your challenges to complete as many stars as you can!

Which challenges will you try?

How many stars will you aim for in each challenge?

How many stars do you think you can achieve in your PE lesson?



WHAT DO I NEED TO WEAR / BRING?

SWIM KIT - if you choose to swim , your swim challenge will be FIRST. You need to wear normal patana swim kit, plus a hat, goggles and towel.

PATANA PE KIT including trainers and a sun hat. If you choose to swim first, then run, you will get out of the pool, and run with your trainers and shoulders covered.

SCOOTER / ROLLER BLADES and HELMET! BRING YOUR OWN ! Your scooter must fold up otherwise it will not be allowed to travel on the schoolbus. If you do not have a helmet you will not be allowed to scoot.



Scooters - more information

If you choose the scooter option, don't forget to bring it with you, plus a helmet, on the day. If you have no scooter or helmet you will not be able to scoot.

Only **FOLD UP** scooters will be allowed on School buses!

Please feel free to bring in elbow/knee pads too if you have them.

Scooters can be stored at the sportshall for the day , but only if they are clearly labelled with **name and class**.

Scooters can **ONLY** be used during PE lesson and not during break or lunch time.



WHAT DO I NEED TO WEAR / BRING?

STAR CHALLENGE:

SWIM WEAR - YOUR SWIM CHALLENGE WILL BE FIRST

PATANA PE KIT INCLUDING TRAINERS AND HAT! (SWIMMERS WILL GET OUT OF POOL AND RUN WITH T-SHIRT OVER TOP / TRAINERS ON FEET

SCOOTER! BRING YOUR OWN ! Helmet compulsory! Pads recommended

ROLLER BLADES / INLINE SKATES - bring your own. Helmet compulsory! Pads recommended



Fitness Challenge:

You don't need to plan this. But, on your other PE lesson that week (your usual athletics lesson), you will take part in some very simple challenges which will show your fitness strengths! Your results will be recorded and next year you will be able to compare your scores and see how much you have improved!

KEY INFORMATION:

Monday 4th December:

- 5L and 5T, 5C and 5D: **STAR CHALLENGE! Bring swim kit! Bring Scooters!**
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- 5A and 5B, 5W and 5M: **FITNESS CHALLENGE**

Friday 8th December:

- 5L and 5T, 5C and 5D: **FITNESS CHALLENGE**
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- 5A and 5B, 5W and 5M: **STAR CHALLENGE! Bring swim kit! Bring Scooters!**



Organisation:

Star Challenge. Bring Scooters/swimkit.

Leave scooters in sporthall before and afterwards. Change @gym changing rooms, meet at HC.

Fitness challenge. Normal PE kit, change @sportshall and stay there.