



Castlebrae PE Department

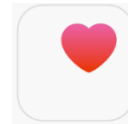
Monday 4th May

Each week we will now be posting challenges for the week via the website and twitter. Complete the following challenges this week. Tweet or email us your pictures of you taking part. We want to see as many challenges as possible!

Challenge 1 – Physical

During your daily exercise track your distance on your phone. What is your total for the week? You can use the following apps to help you do this:

- 'Health' app on Apple
- Download 'Strava' (for free)
- Use your smartwatch



Gold – 30 kilometres +

Silver – 20 kilometres +

Bronze – 10 kilometres +

Challenge 2 – Mental & Emotional

If you are feeling worried this week practice the following strategies to help relieve this stress:

1. Talk – talk to someone in your house or via phone/email about your worries. We are all here to help!
2. Write them down – get a pen and some paper and write down your worries so you are aware of what they are.
3. Slow down – take a moment to engage in deep breathing to calm yourself down.

Challenge 3 – Social

Teach someone in your household a TikTok dance.

Gold – 3 dances

Silver – 2 dances

Bronze – 1 dance

