



Castlebrae PE Department

Monday 25th May

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

Create your own circuit workout to complete with you and your family members in your household. Think about including exercises for your whole body: legs, arms and abs. What will your work time be? What will your rest time be? For example, work for 40 seconds, rest for 15 seconds. Use YouTube to get ideas.

Gold – workout with 10 stations, completed 4 times in the week.

Silver – workout with 6 stations, completed 3 times in the week.

Bronze – workout with 4 stations, completed 2 times in the week.

Challenge 2 – Mental & Emotional

Find pictures that bring back happy memories to you. Send them to your family and friends and write down a small description about why this is a happy memory. This is your chance to make someone else smile!

Gold – send to 5 + family members/friends.

Silver – send to 3+ family members/friends.

Bronze – send to 1 family member/friend.

Challenge 3 – Social

Create an obstacle course around your house/garden using household items (ask for permission first). One person is blindfolded, and the other person guides them around the course using words such as 'left' and 'right'. This is all about working as a team! Video your course and tweet us [@castlebraepe](https://twitter.com/castlebraepe)

Gold – Complete the course with 3 people without touching anything.

Silver – Complete the course with 2 people without touching anything.

Bronze – Complete the course with 1 person without touching anything.

