



Castlebrae PE Department

Monday 15th June

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

Get your heart rate up! Complete the following workout on POPSUGAR Fitness on YouTube. They have different styles of workouts for cardio, dance, kickboxing etc. They are fun and easy to complete at home!

<https://www.youtube.com/user/popsugartvfit> 

Gold – complete 3 different workouts this week.

Silver – complete 2 different workouts this week.

Bronze – complete 1 workout this week.

Challenge 2 – Mental & Emotional

Lockdown may be a stressful time but here is a video to show how deep breathing techniques can help you to de-stress.

https://www.youtube.com/watch?v=acUZdGd_3Dg 

Gold – video call a family member/friend and teach them how to use deep breathing.

Silver – teach someone in your household how to use deep breathing.

Bronze – teach yourself how to use deep breathing.

Challenge 3 – Social

Sport Alphabet. Write down A-Z on a piece of paper and for each letter think of a sport/activity that begins with the letter. E.g. A – Archery. This challenge is all about cooperating with your household. Take a photo of your list and tweet us [@castlebraepe](https://twitter.com/castlebraepe)

Gold – All letters from A-Z (26).

Silver – 16 or more letter.

Bronze – 11 or more letters.

