



## 30 Second Sports Challenge

### Let's get physical!

Every week, we will be posting a new 30 Second Challenge for you to attempt from home. These tasks are set by Brentford Football Club (lots of you will be familiar with them – they have visited our school lots of times to provide lessons and coaching) and are being completed nationally.

I love celebrating success with the children in our school and it is something I am missing while working from home. I am going to create a Victoria Junior School league table for these challenges every week so that we can continue to celebrate the success of our amazing students in this strange situation we find ourselves in.

This is how it works:

1. Each week a PE task will be posted on your year group's home learning page.
2. Follow the link to watch the video and learn how to complete the 30 Second Challenge.
3. Have a go! Maybe try a few times to find your personal best.
4. Send your personal best score to your teacher via Purple Mash email (please do this by each Wednesday).
5. Check the league table the following week to see how you ranked! This will be posted each Friday on the PE section of the website!

Keep an eye out for some teachers who might be giving this a go!

**I can't wait to see the amazing things you can do!**

**Miss Rendell**

