



KSI Perky PE Activities

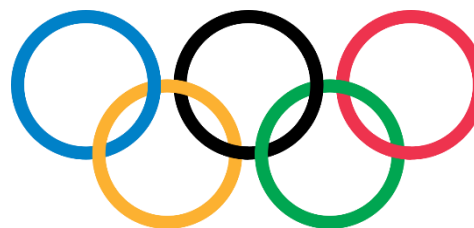
Star Jumps

How many star jumps can you do in 30 seconds? Try and beat your score and see how many you can complete!



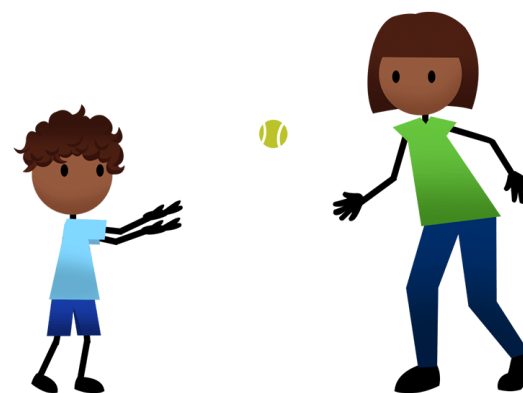
Creativity

Your job is to create your own outside sport game. Could your game be at the next Olympic Games in Paris?



Bounce and Catch challenge

In one minute how many times can you bounce and catch the ball with a partner? If either of you drop the ball you will have to restart from zero!



Throw and Clap challenge

Throwing a ball or a small safe object outside how many times can you clap your hands before you catch it?

