

CVEA PE Weekly Challenge

Week 1

Deadline - 1.30PM Friday
29th January

What is happening?



Castle View
Enterprise
Academy

- ▶ The PE department are going to be setting you different extra-curricular challenges each week to complete for some fun, these are to be completed for Fridays.
- ▶ Like we say this is for fun. You will NOT be expected to send in evidence from the challenge but if you are comfortable in doing so, you can share a video or picture with the PE department. If you chose to send evidence in, it will not be shared with anyone unless we have permission to do so from yourself.
- ▶ If you would like to share your work please email tumelyl@cvea.co.uk or walker.m@cvea.co.uk
- ▶ A winner will be selected on the Monday following the deadline.

Challenge 1

- ▶ **Create an epic sporting moment in your kitchen**
- ▶ This can be any sporting event of your choice.
- ▶ Examples are shared on this youtube link.
- ▶ <https://www.youtube.com/watch?v=pfR6cOTMM-o>
- ▶ **Please get permission from your parents before you attempt any of the challenges.** Or even better, can you get your parents to help you?

