**PE challenge**

This week you are going to have a competition … with yourself! You’re going to see what personal challenges you can set yourself.

Each day, if you can, I’d like you to have a go at the following and see if you can beat it each day:

* How many times can you catch a ball or bean bag in 30 seconds?
* How many times can you bounce and catch a ball in 30 seconds?
* How many hula hoops can you swing round your hips in a row without stopping?
* How long can you skip for without stopping?





**Challenge:**

up with some of your own as well. Think about the challenges Miss Sutherland sets you at lunchtime with the sports leaders.

Send us pictures of you doing your personal challenges.