



Creative Task 1 – Ready, steady, GET FIT!

Using Joe Wicks P.E. lessons as an inspiration, could you create your own exercise video? Your video can be as long or short as you'd like it to be. I can add your videos to the class blog (with your permission) so you can watch and try out one another's fitness videos!

Creative: You could be more skills specific with your video; football skills activities, yoga activities, cardio work out, balance and flexibility work.



Creative Task 2 – Stay in tune!

Can you create your own musical instrument using anything you can find around the house? Make and decorate a musical instrument. Once you have made your instrument, see if you can play a tune and film it being used.



Extended challenge: Can you create more than one instrument? Could you use family members to create a band?