You choose challenge

Key Stage 1-2

What are the rules?

* Choose your activity
* Choose how many you are going to do
* You have a maximum of 3 minutes to complete them

Activities can be anything you can repeat with ease that uses no or one piece of equipment. For example, star jumps, shuttle runs, push ups, catching a ball, skipping, jumping, be as imaginative as you want.

There is a certificate for each stage and a special one for any activity that hasn’t been done by anyone else in your school. These tasks can be done during PE in an after school club or at home.

Pupils can choose which level they start at. If they complete one level, they can move up to the next until they reach their peak. They will be awarded the highest level certificate.

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| Level  | Activity |
| Bronze 25 |  |
| Silver 50 |  |
| Gold 75 |  |
| Platinum 100 |  |
| Superstar 101+ |  |

If you do a task at home, you will need to video it just in case we or your school ask for evidence.