



**#TeamLiskeard**  
achieving **more** together



The PE Teachers at Liskeard School cannot wait to welcome to you to our wonderful world of PE, Sport and Physical Activity. There is something for everyone to enjoy!

**#TEAMLISKEARD**

**#LSCCPE**



**WHAT IS YOUR PERSONAL BEST?**  
Complete 1 challenge to achieve Bronze, 2 challenges to achieve Silver and all 3 to get GOLD



**PHYSICAL ME**

### 1. PHYSICAL CHALLENGE

Choose 10 of the 20 60 second Physical activity Challenges to complete  
<https://www.youthsporttrust.org/60-second-physical-activity-challenges>



**THINKING ME**

### 2. MENTAL CHALLENGE

Find out at least 15 ways that being physically active helps both your body and mind.



**THIS IS ME**

### 3 CREATIVE 'YOU' CHALLENGE

Create a poster which tells us about you and who has inspired you or motivated you in the world of sport and PE. What do you enjoy and why? Are you involved in any activities that you love outside of school?