

## PE Challenge - week beginning Monday 11<sup>th</sup> May 2020

### Bleep Test Alternative

This week the PE Challenge is following an adapted version of the Bleep Test. This style of test has been used predominately by racquet sport athletes such as Roger Federer, Serena Williams and Gail Emms. It's a great way of observing your progress over a short period of time and something you can use as a reference in the future.

All you need is 2 markers of some sort and a watch, stopwatch or timer.

- Put two cones or markers either side of your garden or other safe place.
- See how many shuttle runs you can do in the space of one minute making sure you are running right to the cones. No shortcuts!
- Have one minute's rest and then try and beat that score.
- Have another one minute rest and try again.
- Continue this until you have done it five times. Note down your results and work out how many runs you did in the five minutes of shuttles.
- See if you can beat that total the next time.

Day	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Total
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

Remember to make this accurate, you must keep the distance between the markers the same each time you do it. Use a tape measure or 'step-it' out. You could also leave the markers where they are or take a photo so you know exactly where they go. If you live on a quiet street there maybe 2 lamp posts or gates that will do.

Make sure to warm-up beforehand, cool-down afterwards and enjoy yourself. Good Luck.

*PS - the results could make a great bar chart or line graph.*

#stayactiveandhealthy

#keepsafe

#healthybodyhealthymind