

PE Summer Activities

To make sure you all are staying fit and healthy during the Summer holidays, the Keir Hardie PE team challenge you with a series of missions/ challenges created through a partnership between Nike and UKactive.



The challenges span over 6 weeks and include 5 missions per week, with the weekend being your rest day, because EVERYONE needs some rest and relaxation time to recover from all the hard work.

See the links to each week below and work your way through them throughout the summer holidays.

<https://ukactivekids.com/movecrew-week-1/>

<https://ukactivekids.com/movecrew-week-2/>

<https://ukactivekids.com/movecrew-week-3/>

<https://ukactivekids.com/movecrew-week-4/>

<https://ukactivekids.com/movecrew-week-5/>

<https://ukactivekids.com/movecrew-week-6/>

Can you complete all the challenges? Are you motivated enough to stick with it? Can you communicate and get your family involved?