**Friday 19th June**

**Personal Challenge**

We all know how much you enjoyed your football PE lessons and Mr Elliott’s PE sessions this year and last. For your PE task we would like you try out these 5 football challenges.

Sport is so important for our health and wellbeing; one coach who we hope to work with next year is Andrew Cartwright who played for both Sunderland and England C’s. Would you like to play for a professional team one day, may it be football or any other sport?

****Watch this video and challenge yourself to reach level 5! Maybe you could record a short video of the highest level you achieve or even create your own personal challenge videos for your friends to try? If you haven’t got a football, why not use a pair of fluffy socks or any another kind of ball?

Best of luck Year 5 and 6!

Five football challenges:

<https://drive.google.com/file/d/1Xsn3heJvpWE2k9Z-Aavc6jZe4UpPRp4N/view>