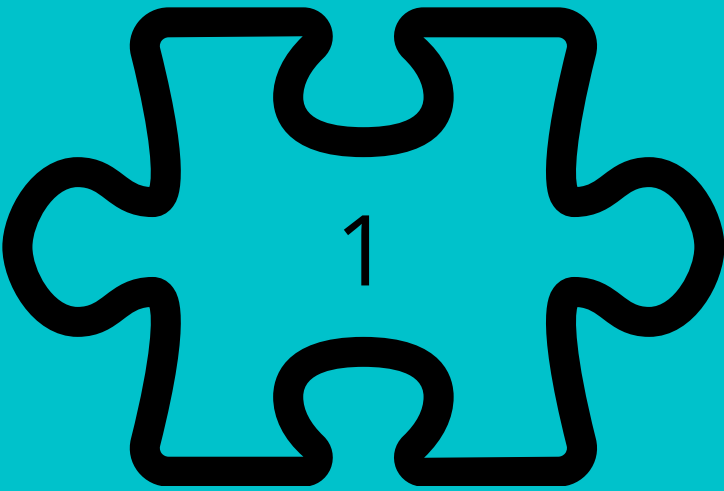


PHYSICAL

Balloon Challenge



Get Set 4 P.E.



- **What you need:** One balloon and one marker.
- **Task 1:** Keep the ball up in the air by using your hands.
- **Challenge 1:** Place a marker 2m away from the balloon. Hit the balloon up in the air then run back to your marker, then sprint back to hit your balloon up again. How many times can you hit your balloon before it touches the floor?
- **Task 2:** Keep the balloon up in the air, you must touch it with a different body part each time.
- **Challenge 2:** Repeat challenge one, this time you must touch your balloon with a different body part each time.
- Colour in one of your #1 puzzle pieces.
- Tweet how you are getting on @getset4pe

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