



# FRAM PE & Health Y6 Challenges



**Staff Video:** <https://youtu.be/Z2WNhrwtOZM>

Here at Fram PE & Health, we want to get to know you! We have produced some tasks for you to try, which will help us get to know you better before Y7 starts. Complete the slides attached and send us your sporting profile to [Transition2020@framdurham.com](mailto:Transition2020@framdurham.com)

## Favorite sporting activity

Introduce yourself and your favorite sport.  
Here is Mrs. Slane with an example...

“My favorite activity is swimming, because it allows you to clear your mind whilst being physically active, open water swimming also gives you a challenge.”



## My sporting hero

Tell us about your sporting hero.  
Here is an example from Mr. Sands

“My sporting hero is Kobe Bryant. He was an American professional basketball player. He played his entire 20-season professional career with the Los Angeles Lakers, winning 5 NBA championships and multiple awards. His passion, dedication and commitment to basketball was outstanding. He was an award-winning author and even won Academy Award for a short film he made in 2015. He also done a lot for charity, building schools and parks for disadvantages children.”



# FRAM PE & Health Y6 Challenges



[Sports I do outside of school...](#)

[Sports I am interested in trying at Fram...](#)

[Sports clubs I am interested in at Fram...](#)

**My greatest sporting achievement**

**Tell us about your greatest sporting achievement.**

**The Healthy Selfie**

**Tweet us a picture of you doing something healthy**

**Tag us @framwellgatePE + use the #Framhealthyselfie**

**Here's Mrs. Lutynski showing us how it's done!**





# FRAM PE & Health Y6 Challenges



**My question to the PE department:**

**An example might be...**

**Is there an opportunity to take part in a dance club?**

**Design a sporting quiz**

**Have a go at designing a sports quiz with 5 questions. No more than 2 questions on any one sport, try and cover a range. Remember, you need to provide the answers too.**

**Some examples could include...**

1. During the London Olympics in 2012 Team GB celebrated “Super Saturday” winning three gold medals in the athletics stadium – can you name all three gold medal winners?
2. Adam Peaty is a World Champion but at what sport – bonus point if can you name the specific event?
3. Ben Stokes is an English cricketer and was part of England's World cup winning team – but in which country was he born?