

Physical Education (PE) - Outdoor and adventurous activity:  
Developing critical thinking

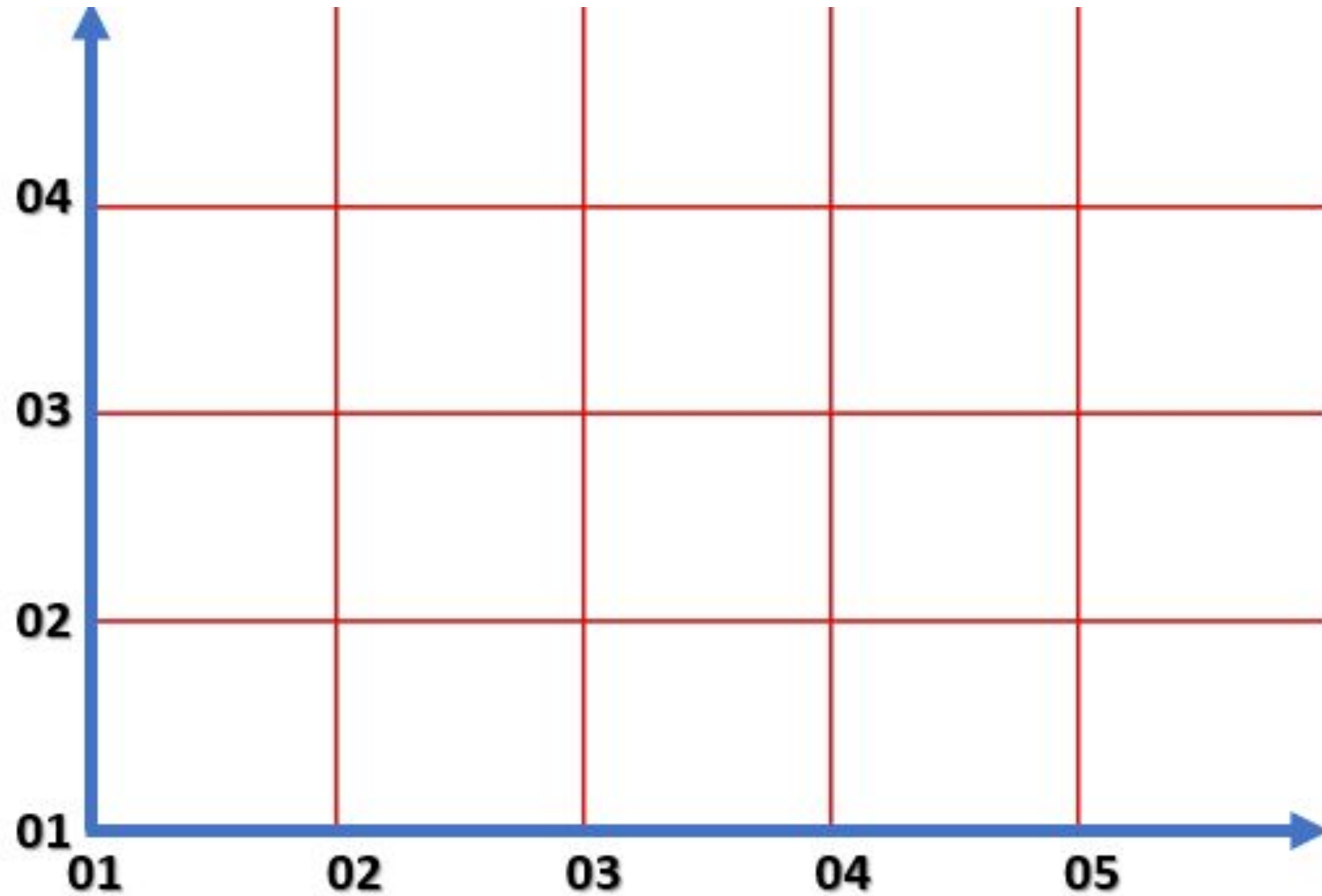
# How to use grid references

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# Grid referencing

Time yourself collecting and re-distributing the items

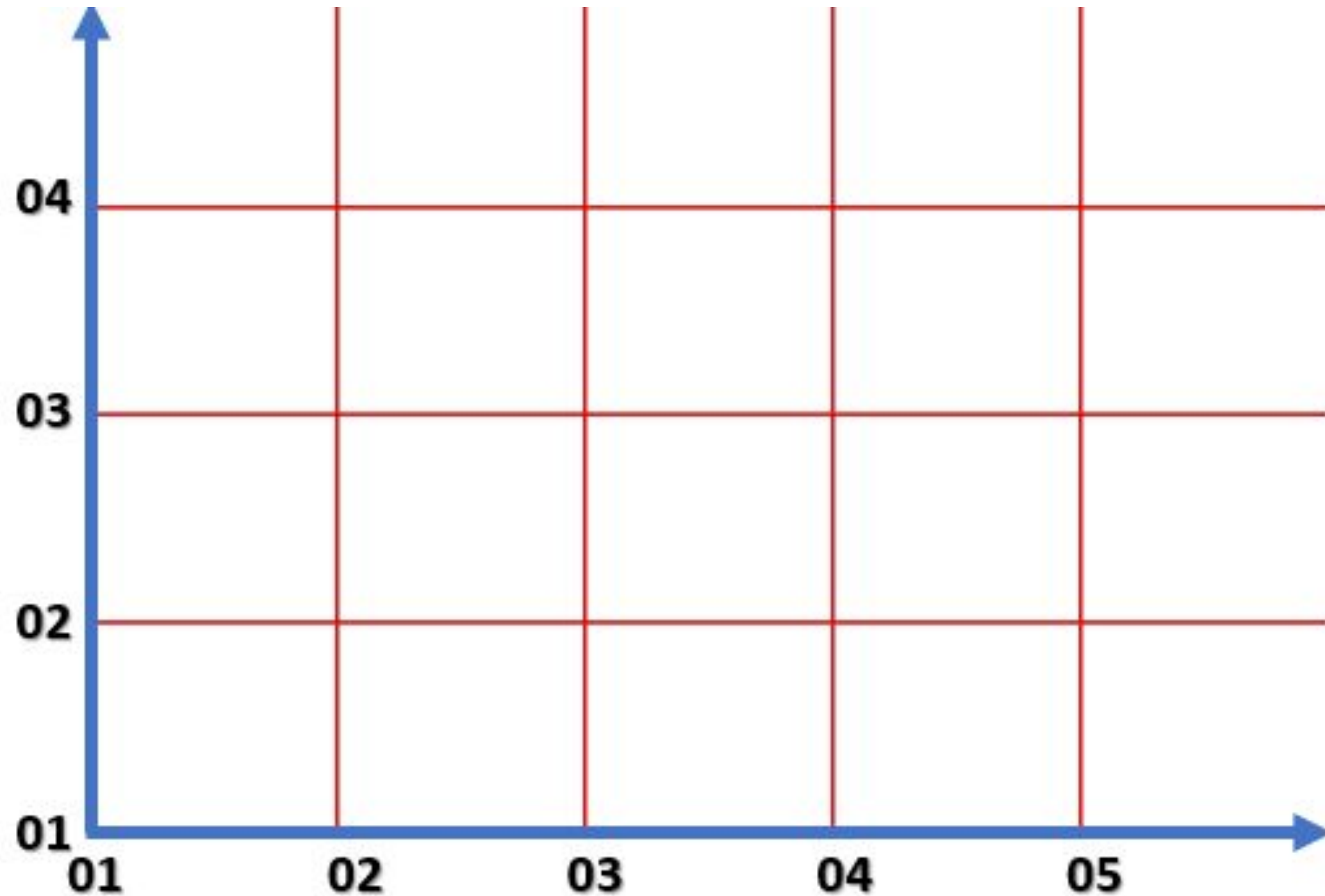


Grid references:



# Grid referencing physical challenge

Time yourself completing 5 different physical challenges.



Suggested challenges:

10 press-ups

10 sit ups

10 jacks

10 mountain climbers

10 ski runs

10 tuck jumps

10 burpees

10 squats

10 lunges

10 star jumps

