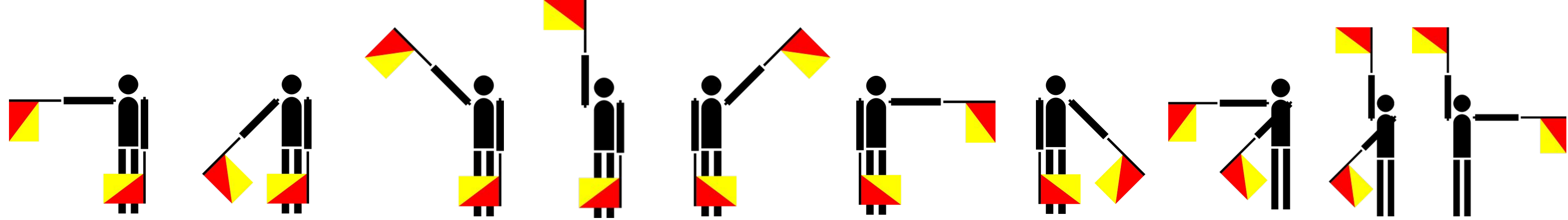


Physical Education (PE) - Outdoor and adventurous activity:  
Developing critical thinking

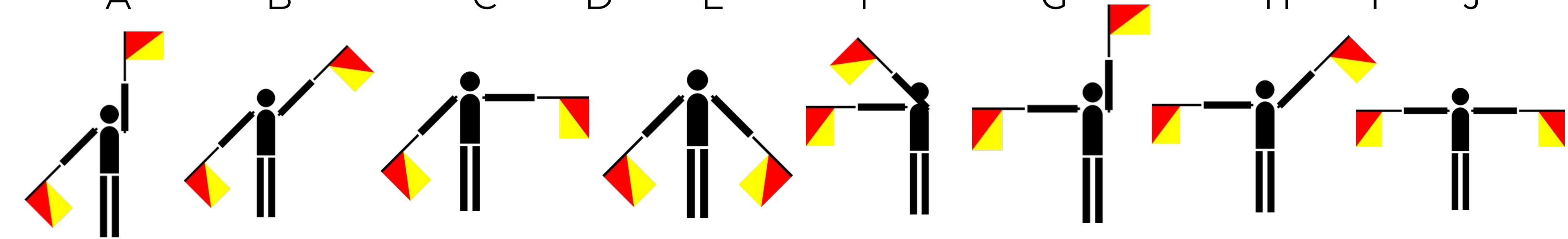
# How to use semaphore flags

Guy Wnuk

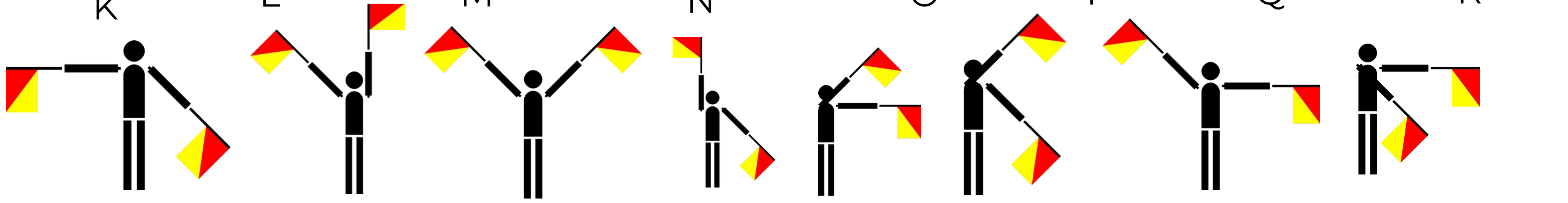




A B C D E F G H I J



K L M N O P Q R



S T U V W X Y Z



# Message fitness relay challenge

1. Write out and decode a message to be sent. Choose a sentence from a book.
2. Place your semaphore alphabet on the other side of the room.
3. Every time you send a letter you need to run to the alphabet sheet and complete the relevant fitness challenge before running back to send the letter.
4. Time yourself to see how quickly you can send the message.



# Message fitness relay challenge

For every letter in your semaphore message you need to complete the corresponding fitness challenge

<b>A - 10 forwards lunges</b>	<b>B - 5 burpees</b>	<b>C - 10 press-ups</b>	<b>D - 10 toe touches</b>	<b>E - 10 jumping jacks</b>
<b>F -10 mountain climbers</b>	<b>G - 10 sit-ups</b>	<b>H - 5 start jumps</b>	<b>I - 10 tuck jumps</b>	<b>J - 10 ice skates</b>
<b>K - 30 shadow jabs</b>	<b>L -on elbows plank hold (15 secs)</b>	<b>M - 20 arm-circles</b>	<b>N - 10 squats</b>	<b>O - 10 ski runs</b>
<b>P - 10 crunches</b>	<b>Q - 20-sec jog</b>	<b>R - 20 high knees run</b>	<b>S - 10 backwards lunges</b>	<b>T -20 shadow upper-cuts</b>
<b>U - 5 lunge jumps</b>	<b>V - 5 squat jumps</b>	<b>W - 5 block jumps</b>	<b>X - on hands plank hold (15 secs)</b>	<b>Y -20 skips</b>
<b>Z - 10 knee press-ups</b>				

