

Using a sock or a ball. Aim for a target by performing an overarm throw. See how many times you can hit the object in a minute. Watch Mr Ingram's attempt.

[PEAK Team Overarm Throw Challenge! - YouTube](#)



Can you learn Miss Jewitts Dance?

[Uptown Funk \(Clean Audio\) by Mark Ronson \[feat. Bruno Mars\] - YouTube](#)

[PEAK Team Street Dance Routine - Part 1 - YouTube](#)

[PEAK Team Street Dance routine - Part 2 - YouTube](#)

[PEAK Team Street Dance Routine - Part 3! - YouTube](#)

[PEAK Team Street Dance Routine - Part 4 - YouTube](#)



Using my dance moves to help you, can you come up with your own 16 count dance routine to a song of your choice.

[PEAK Team 'Create a dance' Challenge! - YouTube](#)



Can you come up with your own Gymnastics routine which includes a roll, a jump, a shape, a balance and a way of traveling. Watch the video to give you some ideas.

[PEAK Team Gymnastic Routine Challenge! - YouTube](#)

