

Physical Activity



Did you know?

In recent years England have done very well in major tournaments, England football came 4th in the 2018 World Cup, England Netball won the 2018 Commonwealth Gold Medal in Netball. England Rugby were runners up to South Africa in the 2019 Rugby World Cup and England Cricket won the 2019 Cricket World Cup.

COPY YOUR HEROES

Take 10 minutes to find a clip online of one of your sporting heroes in action. Can you copy their movements and their skills? If you have any equipment such as a netball or cricket bat, you can mirror their actions. Below are some great sporting moments for you to copy

- Ben Stokes heroic batting performance vs Australia in the 2019 Ashes series
- Andy Murray winning the Wimbledon title in 2013
- England Netball winning Commonwealth Gold
- Jonny Wilkinson's drop goal to win England the Rugby world cup in 2003.

What others can you think of?



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