

The Newman P.E. Point Challenge

Hi everyone – I hope you're well,

I'd like to invite you to try the Newman P.E Point Challenge!

You'll find seven different workouts on your School website, each one asks you to try and train like an amazing famous athlete.

For each workout that you do you'll get a 'Newman point'. The challenge is to see how many Newman points you can get whilst we can't all meet at School!

Myself and your teachers are really interested to see how you do – so if you take any pictures or keep a log of your points it would be great for you to let us know!

I can't wait to see you all soon, but for now have fun trying these challenges!

Mr. Sigley

