



Dear Superstar,

We have a special assignment made up of 56 PE challenges for you to have a go at with your classmates. Some of the challenges you will find easy, some you will find very hard. Here are your instructions:

Step 1: Watch the challenge on the web-site

Step 2: Set up the challenge and have a go

Step 3: Report back to HQ (your teacher/school)

Helpful information/Frequently asked questions

I don't have the right equipment?

No problem! Make up a new challenge with the equipment you have

I can't do the challenge?

No problem! Add the word **yet** to the end of this sentence. Keep trying and practice every day. If you need to make the challenge easier that is fine!

The weather is terrible?

No problem! Pick a different challenge that you can do indoors and get outside when the weather is great again.

At Sport Diddy we don't really like excuses e.g. the dog ate my cricket bat!

So don't let anything stop you from doing your Sport Diddy challenges.

You are amazing!

Try your best and never give up!

Can you help your classmates?

