





**PE, Physical Activity & Personal Challenge**

Session:	Session content:	Equipment needed:
<p><b>PE Lesson</b></p>	<p><b>Gymnastics:</b>                      Today, you will be having a go at two #thisisPE lessons that link to gymnastics. In the first activity you will use three shapes; tuck, star and straight shape. In the second activity you will experiment with jumping. Have fun and let us know how you get on.</p> <p><b>Activity video 1 – Gym Shapes &amp; Travel</b>  <a href="https://www.youtube.com/watch?v=vXQ9XpOSIYE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=24">https://www.youtube.com/watch?v=vXQ9XpOSIYE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=24</a></p> <p><b>Activity video 2 – Lily Pad Jump</b>  <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=21">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&amp;index=21</a></p>	<p>9 x cushions/tea towels</p>
<p><b>Physical Activity</b></p>	<p><b>Yoga</b></p> <p>This week we'd love you to try start each day with some yoga. Yoga is a great activity to help you wake up, feel energised and ready for the day. Below are some links to some great yoga sessions. We'd love to see some photos of your yoga poses, remember, you can tweet us @CookridgePE.</p> <ol style="list-style-type: none"> <li>1) Story Hive Yoga with Sophia Khan:  <a href="https://www.youtube.com/watch?v=X655B4ISakg">https://www.youtube.com/watch?v=X655B4ISakg</a></li> <li>2) Cosmic Kids Yoga – Sonic The Hedgehog:  <a href="https://www.youtube.com/watch?v=QM8NjfCfOg0">https://www.youtube.com/watch?v=QM8NjfCfOg0</a></li> <li>3) Nick Jr. Yoga:  <a href="https://www.youtube.com/watch?v=vpUqY2bCcck">https://www.youtube.com/watch?v=vpUqY2bCcck</a></li> <li>4) Yoga with Adrienne:  <a href="https://www.youtube.com/watch?v=H0ZqRJWd_sg">https://www.youtube.com/watch?v=H0ZqRJWd_sg</a></li> </ol>	<p>Indoor space</p>

<p><b>Personal Challenge</b></p>	<div data-bbox="331 193 1037 683"><h3>60 Second Challenge</h3><h4>Socks in the Box</h4><p>Do you keep trying even if you struggle to match up a pair of socks?</p><p><b>The Physical Challenge</b></p><p>How many socks can you pair up and put in the box in 60 seconds?</p><p>Place unpaired socks 5 steps away from a box. Players run, match up a pair of socks and place them in the box.</p><p><b>#StayHomeStayActive</b></p></div> <div data-bbox="1055 296 1413 651"><h4>Equipment</h4><p>Socks and a Box!</p><p>If you do not have a box use a bowl.</p><p>Throw in unpaired socks as red herrings.</p></div> <div data-bbox="1464 277 1805 676"><p><b>Achieve Gold</b> 20 pairs of socks </p><p><b>Achieve Silver</b> 15 pairs of socks </p><p><b>Achieve Bronze</b> 10 pairs of socks </p></div>	<p><b>Floor space</b></p>
----------------------------------	---	---------------------------

If you're enjoying the 60 second challenges and would like to keep a record of which medals you have achieved you can download a tracking sheet here:  
<https://www.youthsporttrust.org/system/files/Challenge%20Activity%20Tracking%20Sheet.pdf>

We'd love to know how you got on with this week's personal challenge. Remember to tweet us @CookridgePE #personalchallenge #StayHomeStayActive.

Good luck!