

**PE, Physical Activity, Personal Challenge & After School Club**

Session:	Session content:	Equipment needed:
<p><b>PE Lesson</b></p>	<p>Today, we're moving on from our gymnastics based activities and looking at skills that we might use in games. The activities focus on improving coordination, agility, accuracy, throwing &amp; creativity.</p> <p><b>Activity 1 - King of the cones:</b>  <a href="https://www.youtube.com/watch?v=GXN9cYj6eX8&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=9">https://www.youtube.com/watch?v=GXN9cYj6eX8&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=9</a></p> <p><b>Activity 2 – Throwing for accuracy:</b>  <a href="https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=4">https://www.youtube.com/watch?v=tHRvquNKf1Q&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=4</a></p>	<p>Socks, targets, box/basket</p>
<p><b>Physical Activity</b></p>	<p><b>Home Workouts:</b>                      This week we'd love you to try some family home work out sessions! Try to get as many members of your family to join in as possible. Below are some great sessions you can have a go at;</p> <ol style="list-style-type: none"> <li>1) Kids Home Workout (9 mins): <a href="https://www.youtube.com/watch?v=oc4QS2USKmk">https://www.youtube.com/watch?v=oc4QS2USKmk</a></li> <li>2) MVMT with Cailin (15 min) - <a href="https://www.youtube.com/watch?v=591Stmzm9EA">https://www.youtube.com/watch?v=591Stmzm9EA</a></li> <li>3) Kid Fit GO (8 min) - <a href="https://www.youtube.com/watch?v=fomkRYcl_mo">https://www.youtube.com/watch?v=fomkRYcl_mo</a></li> <li>4) Joe Wicks (8 min) - <a href="https://www.youtube.com/watch?v=TUp2_VAHlrl">https://www.youtube.com/watch?v=TUp2_VAHlrl</a></li> <li>5) Would you rather (6 min, great for a brain break) - <a href="https://www.youtube.com/watch?v=JhuM6L6Lek8">https://www.youtube.com/watch?v=JhuM6L6Lek8</a></li> </ol>	<p>Indoor/Outdoor space</p>

**Personal Challenge**

## 60 Second Challenge Super Slalom Run

Can you try and run as fast as possible?

### The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.

**#StayHomeStayActive**



### Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

#### Achieve Gold

20 Slalom Runs



#### Achieve Silver

18 Slalom Runs



#### Achieve Bronze

12 Slalom Runs



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.

**Floor space**