

PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
PE Lesson	<p>Gymnastics: Today, you will be having a go at two #thisisPE lessons that link to gymnastics. In the first activity you will experiment with jumping. In the second activity you will be improving your balance, flexibility and coordination which are really important in gymnastics.</p> <p>Activity video 1 – Lily Pad Jump https://www.youtube.com/watch?v=pbmO3ZRREHE&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=21</p> <p>Activity video 2 – Horizontal Climbing https://www.youtube.com/watch?v=jSP-fWmk36A&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=17</p>	<p>Cushions Socks & gloves</p>
Physical Activity	<p>Yoga: 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"> 1) Story Hive Yoga with Sophia Khan: https://www.youtube.com/watch?v=X655B4ISakg 2) Cosmic Kids Yoga – Sonic The Hedgehog: https://www.youtube.com/watch?v=QM8NjfCfOg0 3) Rainbow Yoga with Adrienne: https://www.youtube.com/watch?v=dF7O6-Qablo 	<p>Indoor space</p>

<p>Personal Challenge</p>	<div data-bbox="331 193 1756 686"> <p>60 Second Challenge Catch and Clap</p> <p>Which skills do you think will be key to succeed?</p> <p>The Physical Challenge</p> <p>How many times can you throw a ball up, clap once and catch it in 60 seconds?</p> <p>The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.</p> <p>#StayHomeStayActive</p> <p>Equipment</p> <p>A ball</p> <p>If you do not have a ball use a toilet roll or pair of socks.</p> <p>Achieve Gold 35 catch and claps</p> <p>Achieve Silver 25 catch and claps</p> <p>Achieve Bronze 15 catch and claps</p> </div> <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</p> <p>We'd love to know how you got on with this week's personal challenge. Remember to tweet us @CookridgePE #personalchallenge #StayHomeStayActive.</p>	<p>Floor space</p> <p>Ball/socks</p>
<p>After School Club</p>	<p>I know lots of you are missing all our after school sports clubs so why not join some amazing athletes live every Tuesday & Thursday at 5pm for a sports session after your online learning.</p> <p>Tuesday 19th January – Invasion Games with Jade Windley: https://www.youtube.com/watch?v=gYpT9-RqS9A&feature=youtu.be&ab_channel=YouthSportTrust</p> <p>Thursday 21st January – Invasion Games with Nolli Waterman: https://www.youtube.com/watch?v=8IH0vCpTeJc&feature=youtu.be&ab_channel=YouthSportTrust</p> <p>If you do join in please share a photo of you getting active on twitter & tag @CookridgePE with #YSTAfterSchool.</p>	<p>19th Jan: Chair, basketball/bouncy ball, pegs & tea towel</p> <p>21st Jan: Small ball, 5 pairs of socks, 8 bottles/objects to knock over.</p>