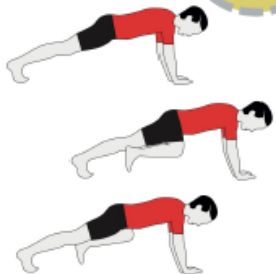





PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
<p>PE Lesson</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 & creativity.</p> <p>Activity 1 - King of the cones: https://www.youtube.com/watch?v=GXN9cYj6eX8&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=9</p> <p>Activity 2 – Throwing for accuracy: https://www.youtube.com/watch?v=tHRvquNKf1Q&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=4</p>	<p>Socks, targets, box/basket</p>
<p>Physical Activity</p>	<p>High-Intensity Interval Training (HIIT):</p> <p>This week we'd love you to try some family HIIT sessions! Try to get as many members of your family to join in as possible. Below are some great family HIIT sessions you can have a go at;</p> <ol style="list-style-type: none"> 1) MVMT with Cailin (15 min) - https://www.youtube.com/watch?v=591Stmzm9EA 2) Kid Fit GO (8 min) - https://www.youtube.com/watch?v=fomkRYcl_mo 3) Joe Wicks (8 min) - https://www.youtube.com/watch?v=TUp2_VAHlrl 4) Would you rather (6 min, great for a brain break) - https://www.youtube.com/watch?v=JhuM6L6Lek8 5) Among Us Fitness Workout (8 min) - https://www.youtube.com/watch?v=DNCl_2reUjo 	<p>Indoor/Outdoor space</p>

<p>Personal Challenge</p>	<div style="text-align: center;"> <h3 style="color: white; background-color: red; padding: 5px;">60 Second Challenge</h3> <h4 style="color: white; background-color: red; padding: 5px;">Climb the Mountain</h4> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%; border: 2px dashed blue; padding: 10px;"> <p>The Physical Challenge</p> <p>How many mountain climbers can you complete in 60 seconds?</p> <p>Make it harder by performing a press up after you bring both legs up.</p> <p>#StayHomeStayActive</p> </div> <div style="width: 10%; text-align: center;"> <p>Can you keep going even when you are tired?</p>  </div> <div style="width: 40%; border: 2px dashed red; border-radius: 50%; padding: 20px; text-align: center;"> <p>Equipment</p> <p>Just yourself and enough space on the floor!</p> <p>Why not compete against a family member?</p> </div> <div style="width: 40%;"> <div style="border: 1px dashed yellow; padding: 5px; margin-bottom: 5px;"> <p>Achieve Gold </p> <p>40 Mountain Climbers</p> </div> <div style="border: 1px dashed grey; padding: 5px; margin-bottom: 5px;"> <p>Achieve Silver </p> <p>30 Mountain Climbers</p> </div> <div style="border: 1px dashed orange; padding: 5px;"> <p>Achieve Bronze </p> <p>20 Mountain Climbers</p> </div> </div> </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>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>https://www.youtube.com/playlist?list=PLnwoPgo24bhnWi_Y7rIS4CZnFQNLyJm9b</p> <p>If you do join in please share a photo of you getting active on twitter & tag @CookridgePE with #YSTAfterSchool.</p>	