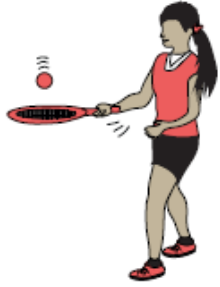





PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>Today, we're continuing to develop skills that we might use in different sports like netball, rugby, cricket etc. The activities focus on improving throwing, catching, hand-eye coordination, accuracy and resilience.</p> <p>Activity 1 – Catching: https://www.youtube.com/watch?v=NDZhqfrmogA&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=12</p> <p>Activity 2 – Throwing Techniques: https://www.youtube.com/watch?v=tQO0kwC-mml&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=20</p>	<p>Pillowcase, socks, washing basket, box.</p>
<p>Physical Activity</p>	<p>Dance Fitness:</p> <p>This week we'd love you to stay active through trying some dance fitness sessions. These sessions are lots of fun and will provide plenty of laughs if done together as a family. There's even a 'Greatest Showman' dance class!</p> <ol style="list-style-type: none"> 1) Greatest Showman Dance Workout (full body cardio) with Kyra Pro: https://www.youtube.com/watch?v=nM23HcM6CzY 2) KIDZ BOP Dance along videos: https://www.youtube.com/watch?v=sHd2s_saYsQ 3) Disney Mix Dance Workout: https://www.youtube.com/watch?v=CxgD9P-kMjE 4) Bollywood Dance Workout: https://www.youtube.com/watch?v=KUmKKPcf71Q 5) Go Noodle Zumba Dance Party: https://www.youtube.com/watch?v=FHo9QaJ1Dyl 6) Disney Mulan Dance Workout: https://www.youtube.com/watch?v=Aq53VFM2hrY 	<p>Indoor space</p>

<p>Personal Challenge</p>	<div style="text-align: center; background-color: #e91e63; color: white; padding: 5px;"> <h2 style="margin: 0;">60 Second Challenge</h2> <h3 style="margin: 0;">Tap Up Tennis</h3> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 45%; border: 2px dashed #0056b3; border-radius: 15px; padding: 10px;"> <p>The Physical Challenge</p> <p>How many times can you tap up a tennis ball on a racket in 60 seconds?</p> <p>If the ball touches the floor, time continues but your score freezes until you start tapping again!</p> <p>#StayHomeStayActive</p> </div> <div style="width: 15%; text-align: center;">  </div> <div style="width: 20%; border: 2px dashed #f1c40f; border-radius: 50%; padding: 10px; text-align: center;"> <p>Do you ask for help if you find it hard?</p> </div> <div style="width: 15%; border: 2px dashed #e91e63; border-radius: 50%; padding: 10px; text-align: center;"> <p>Equipment</p> <p>A tennis racket and a ball</p> <p>If you do not have a racket and ball, use a frying pan and a pair of socks!</p> </div> <div style="width: 30%; padding: 10px;"> <div style="border: 1px dashed #f1c40f; padding: 5px; margin-bottom: 5px;"> <p>Achieve Gold</p> <p>60 Tap Ups </p> </div> <div style="border: 1px dashed #95a5a6; padding: 5px; margin-bottom: 5px;"> <p>Achieve Silver</p> <p>45 Tap Ups </p> </div> <div style="border: 1px dashed #d4edda; padding: 5px;"> <p>Achieve Bronze</p> <p>30 Tap Ups </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>Remember you can join some amazing athletes live every Tuesday & Thursday at 5pm for a sports session after your online learning. If you can't make the live sessions try the sessions below at any time that suits you:</p> <p>Tuesday 26th Jan – Gymnastics/Dance/Combat with Toby Garbett: https://www.youtube.com/watch?v=anfVqex6Nw4</p> <p>Thursday 28th Jan – Gymnastics/Dance/Combat with Kate Grey & Lucy Renshall: https://www.youtube.com/watch?v=b6d-1nA6Oak</p> <p>If you do join in please share a photo of you getting active on twitter & tag @CookridgePE with #YSTAfterSchool.</p>	