

PE, Physical Activity & Personal Challenge.

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>Today, we're going to do some PE activities that focus on our hand-eye coordination, striking skills, listening skills, throwing, accuracy & some numeracy.</p> <p>Activity 1 – Balloon Blasting: https://www.youtube.com/watch?v=08AlvWfmJlo</p> <p>Activity 2 – Flat Target Accuracy: https://www.youtube.com/watch?v=dxnX2W3LcDY</p>	<p>Balloons</p> <p>Socks & paper</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.</p> <ol style="list-style-type: none"> 1) Go Noodle, Banana, Banana, Meatball - https://www.youtube.com/watch?v=BQ9q4U2P3ig 2) Just Dance Kids – A Pirate You Shall Be - https://www.youtube.com/watch?v=oe_HDfdmnaM 3) Les Mills, The Pilot Dance: https://www.youtube.com/watch?v=7GkiHHYoHa4 4) Disney Mix Dance Workout: https://www.youtube.com/watch?v=CxgD9P-kMjE 5) Disney Mulan Dance Workout: https://www.youtube.com/watch?v=Aq53VFM2hrY 6) Les Mills, The Robot Dance: https://www.youtube.com/watch?v=B-ulfVFtFBs 	<p>Indoor space</p>

Personal Challenge

**60 Second Challenge
Around the World**

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold
50 Times around your waist.



Achieve Silver
40 Times around your waist.



Achieve Bronze
30 Times around your waist.



Floor space

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.