





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

Session:	Session content:	Equipment needed:
<p><b>PE Lesson</b></p>	<p>Today, we're continuing to develop skills that we might use in lots of different sports. The activities focus on improving throwing, catching, hand-eye coordination, accuracy and resilience.</p> <p><b>Activity 1 – Catching:</b>  <a href="https://www.youtube.com/watch?v=NDZhqgrmogA&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=12">https://www.youtube.com/watch?v=NDZhqgrmogA&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=12</a></p> <p><b>Activity 2 – Throwing Techniques:</b>  <a href="https://www.youtube.com/watch?v=tQO0kwC-mml&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=20">https://www.youtube.com/watch?v=tQO0kwC-mml&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=20</a></p>	<p>Pillowcase, socks, washing basket, box.</p>
<p><b>Physical Activity</b></p>	<p><b>Dance Fitness:</b></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"> <li>1) Just Dance Kids – A Pirate You Shall Be - <a href="https://www.youtube.com/watch?v=oe_HDfdmnaM">https://www.youtube.com/watch?v=oe_HDfdmnaM</a></li> <li>2) KIDZ BOP Dance along videos: <a href="https://www.youtube.com/watch?v=sHd2s_saYsQ">https://www.youtube.com/watch?v=sHd2s_saYsQ</a></li> <li>3) Disney Mix Dance Workout: <a href="https://www.youtube.com/watch?v=CxgD9P-kMjE">https://www.youtube.com/watch?v=CxgD9P-kMjE</a></li> <li>4) Bollywood Dance Workout: <a href="https://www.youtube.com/watch?v=KUmKKPcf71Q">https://www.youtube.com/watch?v=KUmKKPcf71Q</a></li> <li>5) Disney Mulan Dance Workout: <a href="https://www.youtube.com/watch?v=Aq53VFM2hrY">https://www.youtube.com/watch?v=Aq53VFM2hrY</a></li> <li>6) Les Mills, The Robot Dance: <a href="https://www.youtube.com/watch?v=B-ulfVFtFBs">https://www.youtube.com/watch?v=B-ulfVFtFBs</a></li> </ol>	<p>Indoor space</p>

<p><b>Personal Challenge</b></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;">Around the World</h3> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 45%; border: 2px dashed #003366; border-radius: 15px; padding: 10px;"> <p><b>The Physical Challenge</b></p> <p>How many times can you pass the ball around your waist in 60 seconds?</p> <p>If you drop the ball you need to pick it up quickly and carry on.</p> <p><b>#StayHomeStayActive</b></p>  </div> <div style="width: 15%; text-align: center; border: 2px dashed #e91e63; border-radius: 50%; padding: 10px; background-color: #fff9c4;"> <p><b>Equipment</b></p> <p>A ball</p> <p>If you do not have a ball use a pillow or a cuddly toy.</p> </div> <div style="width: 35%; padding: 10px;"> <div style="border: 1px dashed #ccc; padding: 5px; margin-bottom: 5px;"> <p><b>Achieve Gold</b></p> <p>50 Times around your waist.</p>  </div> <div style="border: 1px dashed #ccc; padding: 5px; margin-bottom: 5px;"> <p><b>Achieve Silver</b></p> <p>40 Times around your waist.</p>  </div> <div style="border: 1px dashed #ccc; padding: 5px;"> <p><b>Achieve Bronze</b></p> <p>30 Times around your waist.</p>  </div> </div> </div> <div style="text-align: center; margin-top: 10px;"> <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:</p> <p><a href="https://www.youthsporttrust.org/system/files/Challenge%20Activity%20Tracking%20Sheet.pdf">https://www.youthsporttrust.org/system/files/Challenge%20Activity%20Tracking%20Sheet.pdf</a></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> </div>	<p><b>Floor space</b></p>
<p><b>After School Club</b></p>	<p>Remember you can join some amazing athletes live every <b>Tuesday &amp; Thursday at 5pm</b> 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><b>Tuesday 26<sup>th</sup> Jan</b> – Gymnastics/Dance/Combat with Toby Garbett:  <a href="https://www.youtube.com/watch?v=anfVqex6Nw4">https://www.youtube.com/watch?v=anfVqex6Nw4</a></p> <p><b>Thursday 28<sup>th</sup> Jan</b> – Gymnastics/Dance/Combat with Kate Grey &amp; Lucy Renshall:  <a href="https://www.youtube.com/watch?v=b6d-1nA6Oak">https://www.youtube.com/watch?v=b6d-1nA6Oak</a></p> <p>If you do join in please share a photo of you getting active on twitter &amp; tag @CookridgePE with #YSTAfterSchool.</p>	