





PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>Today, I'd like you to try two #ThisisPE activities that work on agility, balance, hand-eye coordination, reactions & concentration.</p> <p>Activity 1 – The Five to One Challenge : https://www.youtube.com/watch?v=1p4uz6uxbo8</p> <p>Activity 2 – The Reaction Wall: https://www.youtube.com/watch?v=D_KaDUryDes&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=19</p>	<p>Ball, pegs</p> <p>Paper</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; background-color: #e91e63; color: white; padding: 5px;"> <h2>60 Second Challenge</h2> <h3>Speed Bounce</h3> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%; border: 2px dashed #003366; padding: 10px;"> <p>The Physical Challenge</p> <p>How many times can you bounce over a pillow in 60 seconds?</p> <p>Both feet must land over the pillow for the jump to count.</p> <p>#StayHomeStayActive</p>  </div> <div style="width: 15%; text-align: center; border: 2px dashed #ff4500; border-radius: 50%; padding: 10px;"> <p>Equipment</p> <p>A pillow</p> <p>If you do not have a pillow, jump over a safe object!</p> </div> <div style="width: 35%; border: 2px dashed #ffcc00; padding: 10px;"> <p>Achieve Gold  80 Bounces</p> <p>Achieve Silver  60 Bounces</p> <p>Achieve Bronze  40 Bounces</p> </div> </div> <div style="text-align: center; margin-top: 10px;"> <p>Are you honest? Only count the jumps that are completed properly.</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>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>	