

PE, Physical Activity and Personal Challenge

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>1) Boccia: You had the chance to practice your Boccia skills in school before lockdown so now I'd like you to have a go at home. Watch the video and set up the task at home. https://www.youtube.com/watch?v=As6l8e6tTJc&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=3</p> <p>Q1) Can you remember how many Boccia balls each team had? Q2) What technique did you use? Q3) How did you score points? Can you get more than one point for winning a game? Top tips: <i>Roll or throw underarm</i> – step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand.</p> <p>2) Coordination with ball skills: When you've completed the Boccia activity have a go at this #thisisPE lesson. The brilliant thing about these lessons is you don't need PE equipment. You can use whatever you have at home. https://www.youtube.com/watch?v=lvYsZYSZFNY&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=2</p>	<p><u>Boccia:</u></p> <p>Small balls/rolled up socks/other round object</p> <p>Large clear space</p> <p>Marker: toy, can, scrunched up paper etc</p> <p><u>Ball Skills:</u></p> <p>Racket/book</p> <p>Ball/scrunched up paper</p>
<p>Physical Activity</p>	<p>Daily Mile:</p> <p>Every day this week I'd like you to try walking, running or cycling a mile. Just like we did in school when I set out our cross country challenge around the school grounds.</p> <p>You can complete this doing shuttle runs in your garden, running/walking/cycling around the local park. See if a parent will join you and maybe set aside a specific time of day to complete the challenge.</p> <p>I have my daily mile scheduled in for 10.45am every day. My daughter is cycling, my son is going on his scooter and I'm running. We will be doing laps around our local park. If you are unable to do this, Joe Wicks will be live Mon, Wed & Fri!</p>	<p>Outdoor space</p>

<p>Personal Challenge</p>	<div data-bbox="327 193 1413 671"> <h3>60 Second Challenge</h3> <h4>Burpees</h4> <div> <p>Do you keep trying even when you want to give up?</p> <p>The Physical Challenge</p> <p>How many burpees can you complete in 60 seconds?</p> <p>Make sure you extend your legs back once you have lowered yourself to the ground.</p> <p>#StayHomeStayActive</p>  </div> <div> <p>Achieve Gold 30 burpees</p> <p>Achieve Silver 20 burpees</p> <p>Achieve Bronze 10 burpees</p> </div> </div> <p>Forgotten how to do a burpee? Watch the video below; https://www.youtube.com/watch?v=Y8Tlp7s38gw</p> <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. If you can't make the live sessions try the sessions below at any time that suits you:</p> <p>Tuesday 12th January – Kate Grey: https://www.youtube.com/watch?v=cLI-lmaU3wU</p> <p>Thursday 14th January – Jenna Downing (athletics session): https://www.youtube.com/watch?v=nALarZut_Ko</p> <p>If you do join in please share a photo of you getting active on twitter & tag @CookridgePE with #YSTAfterSchool.</p>	<p>12th Jan – 5 items you can stack i.e. toilet rolls</p> <p>14th Jan – 5 pairs of socks & either masking tape, towels, string or ties</p>