

PE, Physical Activity & Personal Challenge.

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>Today, we're going to try different footwork patterns to improve our agility, balance and coordination. We will also improve our balance and coordination through jumping in different ways.</p> <p>Activity 1 – Footwork Patterns: https://www.youtube.com/watch?v=lfra8pSPEhE&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=3</p> <p>Activity 2 – Jumping Combinations: https://www.youtube.com/watch?v=cRjO1IGwbLo&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=7</p>	<p>Ties, tea towels, socks, teddies.</p>
<p>Physical Activity</p>	<p>Pilates:</p> <p>Pilates teaches us how to use our muscles in a controlled way and helps make our bodies stronger and more flexible. It gives us a strong core (muscles in your tummy, back & sides) which helps us to save energy and concentrate when doing our school work.</p> <ol style="list-style-type: none"> 1) Truly Pilates - Pilates ages 4-9: https://www.youtube.com/watch?v=W1l_mE2iXMY 2) MVMT with Cailin - Move, Stretch, Flex: https://www.youtube.com/watch?v=CQkpMpnQE4Y 3) Posture Tonic - Full Body Movement: https://www.youtube.com/watch?v=fng3ltbxDao 4) MVMT with Cailin - Pilates for Kids Sports: https://www.youtube.com/watch?v=AYXcq_-b2ts 	<p>Indoor space</p> <p>Optional: Exercise Mat</p> <p>Pilates for sport: A ball/teddy</p>

<p>Personal Challenge</p>	<div data-bbox="331 193 1093 718"><h3>60 Second Challenge</h3><h4>Skipping</h4><p>Do you keep trying even when you want to give up?</p><p>The Physical Challenge</p><p>How many times can you skip in 60 seconds?</p><p>Both feet must land over the rope for the skip to count.</p><p>#StayHomeStayActive</p></div> <div data-bbox="1093 359 1433 694"><p>Equipment</p><p>Skipping rope</p><p>If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!</p></div> <div data-bbox="1478 335 1803 718"><p>Achieve Gold 70 skips</p><p>Achieve Silver 50 skips</p><p>Achieve Bronze 30 skips</p></div>	<p>Floor space</p>
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*****You don't need to use a skipping rope or dressing gown rope because that will be really tricky. Jump up and down on the spot.*****

We'd love to know how you got on with this week's personal challenge. Remember to tweet us @CookridgePE #personalchallenge #StayHomeStayActive.