

PE, Physical Activity & Personal Challenge.

Session:	Session content:	Equipment needed:
PE Lesson	<p>The PE activities today have a dance focus and contain activities that we might use in school during a dance unit. Mrs Wood is the teacher in the first video and this focusses on improving your creative movement and improvisation skills. The second video looks at developing directions and pathways through dance.</p> <p>Activity 1 - #ThisIsPE - Creative movement - YouTube</p> <p>Activity 2 - #ThisIsPE - Directions through dance - YouTube</p>	
Physical Activity	<p>Do what you enjoy:</p> <p>Below are some links to lots of different types of fitness activities. Pick a few different ones this week and see which you enjoy the most. If we're struggling to motivate ourselves to keep active sometimes it's because we just need to find exercise that we really love doing and that excites us. Have fun and keep active!</p> <ol style="list-style-type: none"> 1) Would You Rather?? WORKOUT - At Home Fun Fitness Activity for Family and Kids - Physical Education - YouTube 2) SUPERGIRL KIDS WORKOUT - YouTube 3) 'AVENGERS TRAINING ACADEMY' - SPIDER-MAN HIIT WORKOUT - YouTube 4) Football Fitness Ultimate Kids P.E Lessons Focuz-Fit - YouTube 5) Army Testing Ultimate Kids P.E Lessons Focuz-Fit - YouTube 6) Zumba Dance Party - YouTube 	<p>Indoor space</p>

<p>Personal Challenge</p>	<div data-bbox="336 207 1008 670">  <p>Air Balloon 60 Second Challenge</p> <p>Can you keep the balloon up in the air for 60 seconds?</p> <p>! Pupil's start with ten lives. If the balloon touches the floor you lose a life. The more lives you lose the lower your score.</p>  <p>Can you keep trying even if you lose a life?</p> </div> <div data-bbox="1030 207 1377 670"> <p>Blow up a balloon! If you do not have a balloon, use scrunched up tissue paper or a bag!</p> <p>You can only use one hand during the 60 seconds! Keep one hand behind your back at all times!</p> <p>With a partner how long can you keep three balloons up in the air for? As soon as a balloon touches the floor your time stops!</p> </div> <div data-bbox="1400 199 1736 662"> <p>Achieve Gold Lose 0 lives</p> <p>Achieve Silver Lose 1 life</p> <p>Achieve Bronze Lose 2 lives</p> </div>	<p>Floor space</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>	