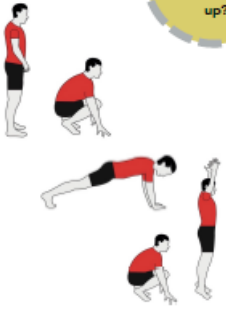





PE, Physical Activity, Personal Challenge & After School Club

| 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: 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 style="text-align: center; background-color: #e91e63; color: white; padding: 5px;"> <h2 style="margin: 0;">60 Second Challenge</h2> <h3 style="margin: 0;">Burpees</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>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 style="width: 15%; text-align: center;"> <p style="font-size: 8px;">Do you keep trying even when you want to give up?</p>  </div> <div style="width: 30%; border: 2px dashed #e91e63; border-radius: 50%; padding: 10px; text-align: center;"> <p>Equipment</p> <p>Just yourself and enough space on the floor!</p> <p>If you find it tough do not perform the leg extensions.</p> </div> <div style="width: 10%; text-align: center;"> <div style="border: 1px dashed #e91e63; padding: 5px; margin-bottom: 5px;"> <p>Achieve Gold</p> <p>30 burpees</p>  </div> <div style="border: 1px dashed #e91e63; padding: 5px; margin-bottom: 5px;"> <p>Achieve Silver</p> <p>20 burpees</p>  </div> <div style="border: 1px dashed #e91e63; padding: 5px;"> <p>Achieve Bronze</p> <p>10 burpees</p>  </div> </div> </div> <p>Forgotten how to do a burpee? Watch the video below; https://www.youtube.com/watch?v=Y8Tlp7s38gw</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>Remember you can 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 2nd Feb – Alistair Patrick-Hesleton - https://www.youtube.com/watch?v=qM3T2MkR9_s&feature=youtu.be&ab_channel=YouthSportTrust</p> <p>Thursday 4th Feb – Jade Windley - https://www.youtube.com/watch?v=yJk22hzrnK4&feature=youtu.be&ab_channel=YouthSportTrust</p> <p>If you do join in please share a photo of you getting active on twitter & tag @CookridgePE with #YSTAfterSchool.</p> | <p>Tuesday 2nd: A balloon & Beach Ball</p> <p>Thursday 4th Feb: 4 cushions, a hat/cap, goggles/sunglasses, socks.</p> |