

**PE, Physical Activity, Personal Challenge & After School Club**

Session:	Session content:	Equipment needed:
<p><b>PE Lesson</b></p>	<p>Today, we're going to try some activities that will help improve your reactions, hand-eye coordination, agility, balance &amp; concentration.</p> <p><b>Activity 1</b> – <a href="#">#ThisIsPE - Reaction Wall - YouTube</a></p> <p><b>Activity 2</b> – <a href="#">#ThisIsPE - Agility and throws - YouTube</a></p>	<p>Paper, pen &amp; a wall</p>
<p><b>Physical Activity</b></p>	<p><b>Do what you enjoy:</b></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"> <li>1) <a href="#">Would You Rather?? WORKOUT - At Home Fun Fitness Activity for Family and Kids - Physical Education - YouTube</a></li> <li>2) <a href="#">SUPERGIRL KIDS WORKOUT - YouTube</a></li> <li>3) <a href="#">'AVENGERS TRAINING ACADEMY' - SPIDER-MAN HIIT WORKOUT - YouTube</a></li> <li>4) <a href="#">Football Fitness   Ultimate Kids P.E Lessons   Focuz-Fit - YouTube</a></li> <li>5) <a href="#">Army Testing   Ultimate Kids P.E Lessons   Focuz-Fit - YouTube</a></li> <li>6) <a href="#">Zumba Dance Party - YouTube</a></li> </ol>	<p>Indoor space</p>

<p><b>Personal Challenge</b></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;">The Plank</h3> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 45%; border: 2px dashed #003366; padding: 10px;"> <p><b>The Physical Challenge</b></p> <p>Can you hold the 'plank' position for 60 seconds?</p> <p>Make sure you keep your bottom down and back straight. Keep your forearms on the floor.</p>  <p><b>#StayHomeStayActive</b></p> </div> <div style="width: 15%; text-align: center;"> <p style="font-size: small;">Can you focus and show self belief even though it is hard?</p> </div> <div style="width: 30%; border: 2px dashed #e91e63; border-radius: 50%; padding: 10px;"> <p><b>Equipment</b></p> <p>Just yourself and enough space on the floor!</p> <p>Who can hold the plank position longest in your family?</p> </div> <div style="width: 10%; padding: 10px;"> <div style="border: 1px dashed #e91e63; padding: 5px; margin-bottom: 5px;"> <p style="font-size: x-small;">Achieve Gold</p> <p style="font-size: x-small;">60 seconds or more</p>  </div> <div style="border: 1px dashed #e91e63; padding: 5px; margin-bottom: 5px;"> <p style="font-size: x-small;">Achieve Silver</p> <p style="font-size: x-small;">45 seconds or more</p>  </div> <div style="border: 1px dashed #e91e63; padding: 5px;"> <p style="font-size: x-small;">Achieve Bronze</p> <p style="font-size: x-small;">30 seconds or more</p>  </div> </div> </div> <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><b>Floor space</b></p>
<p><b>After School Club</b></p>	<p>Remember you can join some amazing athletes live every <b>Tuesday &amp; Thursday at 5pm</b> 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><b>Tuesday 9<sup>th</sup> Feb</b> – <a href="#">After School Sport Club with Rachael Mackenzie - 9 February - YouTube</a></p> <p><b>Thursday 11<sup>th</sup> Feb</b> - <a href="#">After School Sport Club with Jenna Downing and Rachel Yankey (The FA) - 11 February - YouTube</a></p> <p>If you do join in please share a photo of you getting active on twitter &amp; tag @CookridgePE with #YSTAfterSchool.</p>	<p><b>Tues 9<sup>th</sup> Feb:</b> Ball, Balloon &amp; 4 shoes</p> <p><b>Thur 11<sup>th</sup> Feb:</b> A ball, some pieces of paper &amp; 1 item of the following colours; red, green, yellow, blue</p>