





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

<b>Session:</b>	<b>Session content:</b>	<b>Equipment needed:</b>
<b>PE Lesson</b>	<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><b>Activity 1</b> - <a href="#">#ThisIsPE - Creative movement - YouTube</a></p> <p><b>Activity 2</b> - <a href="#">#ThisIsPE - Directions through dance - YouTube</a></p>	A prop, items for an obstacle course
<b>Physical Activity</b>	<p><b>Daily Mile:</b></p> <p>Every day this week I'd like you to try walking, running or cycling a mile.</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>If you are unable to do this, Joe Wicks will be live Monday, Wednesday &amp; Friday.</p>	Outdoor space

<p><b>Personal Challenge</b></p>	<div style="text-align: center;"> <h3 style="background-color: red; color: white; padding: 5px;">60 Second Challenge</h3> <h4 style="background-color: red; color: white; padding: 5px;">Star Jumps</h4> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%; border: 2px dashed blue; padding: 10px;"> <p><b>The Physical Challenge</b></p> <p>How many star jumps can you complete in 60 seconds?</p> <p>Make sure you clap your hands above your head and bring your feet together.</p> <p><b>#StayHomeStayActive</b></p> </div> <div style="width: 15%; text-align: center;">  </div> <div style="width: 20%; border: 1px dashed grey; border-radius: 50%; padding: 10px; text-align: center;"> <p>Can you maintain your technique even when you are tired?</p> </div> <div style="width: 15%; border: 2px dashed red; border-radius: 50%; padding: 10px; text-align: center;"> <p><b>Equipment</b></p> <p>Just yourself and enough space on the floor!</p> <p>Why not compete against a family member?</p> </div> <div style="width: 30%; border: 1px dashed orange; padding: 10px;"> <p><b>Achieve Gold</b> 60 Star Jumps </p> <p><b>Achieve Silver</b> 45 Star Jumps </p> <p><b>Achieve Bronze</b> 30 Star Jumps </p> </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>Floor space</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 23<sup>rd</sup> Feb – Invasion Games:</b> <a href="#">After School Sport Club with Toby Garbett - 23 February - YouTube</a></p> <p><b>Thursday 25<sup>th</sup> Feb –</b> <a href="#">After School Sport Club with Rachael Mackenzie and Sasha Corbin (England Netball) - 25 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>23<sup>rd</sup> Feb -</b> Masking tape, 10 pairs of socks, a box.</p> <p><b>25<sup>th</sup> Feb – A</b> ball, a balloon, 4 shoes</p>