





PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>The PE activities today focus on accuracy when throwing and our reactions. In activity 1 you will aim some of your soft teddies or rolled up socks into an object like a box/washing basket. This will get progressively harder by aiming from a greater distance and also aiming into a smaller target. Activity 2 focusses on our reaction skills and helps to improve your hand-eye coordination, balance & concentration.</p> <p>Activity 1 - #ThisIsPE - Throwing for accuracy - YouTube</p> <p>Activity 2 - #ThisIsPE - Reaction Wall - YouTube</p>	<p>Teddies/socks, washing basket/toy box, smaller targets, pieces of paper</p>
<p>Physical Activity</p>	<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) Boxing For Beginners *All Ability Boxercise* Ultimate Kids P.E Lessons Focuz-Fit - YouTube 2) Football Fitness Ultimate Kids P.E Lessons Focuz-Fit - YouTube 3) Army Testing Ultimate Kids P.E Lessons Focuz-Fit - YouTube 4) Zumba Dance Party - YouTube 5) Corbin Sisters Netball Home Workout - BBC Sport - YouTube 	<p>Indoor space</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;">The Plank</h3> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%; border: 2px dashed #003366; padding: 10px;"> <p>The Physical Challenge</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>#StayHomeStayActive</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: 35%; border: 2px dashed #e91e63; border-radius: 50%; padding: 10px;"> <p>Equipment</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: 15%;"> <div style="border: 1px dashed #e91e63; padding: 5px; margin-bottom: 5px;"> <p>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>Achieve Silver</p> <p style="font-size: x-small;">45 seconds or more</p>  </div> <div style="border: 1px dashed #e91e63; padding: 5px;"> <p>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>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 9th Feb – After School Sport Club with Rachael Mackenzie - 9 February - YouTube</p> <p>Thursday 11th Feb - After School Sport Club with Jenna Downing and Rachel Yankey (The FA) - 11 February - YouTube</p> <p>If you do join in please share a photo of you getting active on twitter & tag @CookridgePE with #YSTAfterSchool.</p>	<p>Tues 9th Feb: Ball, Balloon & 4 shoes</p> <p>Thur 11th Feb: A ball, some pieces of paper & 1 item of the following colours; red, green, yellow, blue</p>