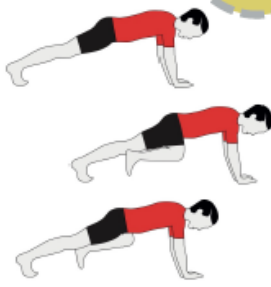





PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>The PE activities today focus on improving balance, coordination, accuracy, throwing, rolling, ball placement and resilience.</p> <p>Activity 1 - Boccia: In school you've had the chance to practice your Boccia skills so now I'd like you to have a go at home. Watch the video and set up the task at home. https://www.youtube.com/watch?v=As6l8e6tTJc&list=PLnwoPgo24bhmqV8Y76iXnwYw9T9AlxbqJ&index=3 Q1) Can you remember how many Boccia balls each team has when playing at school? Q2) What technique did you use? Q3) How did you score points? Can you get more than one point for winning a game? Top tips: <i>Roll or throw underarm</i> – step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand.</p> <p>Activity 2 - King of the cones: https://www.youtube.com/watch?v=GXN9cYj6eX8&list=PLYGRaluWWTtoJV3An2WEgsQ4qGFy_91jDL&index=9</p>	<p><u>Boccia:</u></p> <p>Small balls/rolled up socks/other round object</p> <p>Large clear space</p> <p>Marker: toy, can, scrunched up paper etc</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 5) Innovative Pilates (7-12yrs): https://www.youtube.com/watch?v=aTUQr3pOO8U 6) Kids Partner Exercises (grab a sibling): https://www.youtube.com/watch?v=eHJPG4jzcEU 	<p>Indoor space</p> <p>Optional: Exercise Mat</p> <p>Pilates for sport: A ball/teddy</p> <p>Innovative Pilates: Dressing gown belt/Yoga band</p>

<p>Personal Challenge</p>	<div style="text-align: center; background-color: #e91e63; color: white; padding: 5px;"> <h3>60 Second Challenge</h3> <h4>Climb the Mountain</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>The Physical Challenge</p> <p>How many mountain climbers can you complete in 60 seconds? Make it harder by performing a press up after you bring both legs up.</p> <p>#StayHomeStayActive</p> </div> <div style="width: 10%; text-align: center;"> <p>Can you keep going even when you are tired?</p>  </div> <div style="width: 40%; border: 2px dashed red; border-radius: 50%; padding: 10px; text-align: center;"> <p>Equipment</p> <p>Just yourself and enough space on the floor!</p> <p>Why not compete against a family member?</p> </div> <div style="width: 15%;"> <div style="border: 1px dashed orange; padding: 5px; margin-bottom: 5px;"> <p>Achieve Gold</p> <p>40 Mountain Climbers</p>  </div> <div style="border: 1px dashed grey; padding: 5px; margin-bottom: 5px;"> <p>Achieve Silver</p> <p>30 Mountain Climbers</p>  </div> <div style="border: 1px dashed orange; padding: 5px;"> <p>Achieve Bronze</p> <p>20 Mountain Climbers</p>  </div> </div> </div> <p>Here's a video to remind you how to do a mountain climber: https://www.youtube.com/watch?v=qrMPkj_Ch2E</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>