





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

Session:	Session content:	Equipment needed:
<p><b>PE Lesson</b></p>	<p>Today, I'd like you to try two #ThisisPE activities that work on throwing, accuracy, decision making &amp; resilience.</p> <p><b>Activity 1 - King of the cones:</b>  <a href="https://www.youtube.com/watch?v=GXN9cYj6eX8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=9">https://www.youtube.com/watch?v=GXN9cYj6eX8&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=9</a></p> <p><b>Activity 2 – Throwing techniques:</b>  <a href="https://www.youtube.com/watch?v=tQO0kwC-mml&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=20">https://www.youtube.com/watch?v=tQO0kwC-mml&amp;list=PLYGRaluWWTtojV3An2WEgsQ4qGFy_91jDL&amp;index=20</a></p>	<p>Cones, ball/rolled up socks, box/washing basket/water bottle</p>
<p><b>Physical Activity</b></p>	<p><b>Yoga:</b></p> <p>This week we'd love you to try start each day with some yoga. Yoga is a great activity to help you wake up, feel energised and ready for the day. Below are some links to some great yoga sessions. We'd love to see some photos of your yoga poses, remember, you can tweet us @CookridgePE.</p> <ol style="list-style-type: none"> <li>1) Rainbow Yoga with Adrienne:  <a href="https://www.youtube.com/watch?v=dF7O6-Qablo">https://www.youtube.com/watch?v=dF7O6-Qablo</a></li> <li>2) Yoga for the classroom:  <a href="https://www.youtube.com/watch?v=Td6zFtZPkJ4">https://www.youtube.com/watch?v=Td6zFtZPkJ4</a></li> <li>3) Yoga for teen (suitable for all ages):  <a href="https://www.youtube.com/watch?v=7kgZnJqzNaU">https://www.youtube.com/watch?v=7kgZnJqzNaU</a></li> <li>4) Cosmic kids yoga – fun yoga for tweens:  <a href="https://www.youtube.com/watch?v=mz9Qq7vIUfw">https://www.youtube.com/watch?v=mz9Qq7vIUfw</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;">Squat Jumps</h3> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 45%; border: 2px dashed #0056b3; border-radius: 15px; padding: 10px;"> <p><b>The Physical Challenge</b></p> <p>How many squat jumps can you perform in 60 seconds?</p> <p>Stand behind a line and jump forwards, perform a squat and repeat.</p> <p><b>#StayHomeStayActive</b></p> </div> <div style="width: 10%; text-align: center;"> <p>Can you be honest when counting your score?</p>  </div> <div style="width: 40%; border: 2px dashed #e91e63; 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: 15%; border: 2px dashed #ffc107; padding: 10px;"> <p><b>Achieve Gold</b></p> <p>30 Squat Jumps</p>  </div> <div style="width: 15%; border: 2px dashed #ffc107; padding: 10px;"> <p><b>Achieve Silver</b></p> <p>20 Squat Jumps</p>  </div> <div style="width: 15%; border: 2px dashed #ffc107; padding: 10px;"> <p><b>Achieve Bronze</b></p> <p>10 Squat Jumps</p>  </div> </div> <p>If you're enjoying the 60 second challenges and would like to keep a record of which medals you have achieved you can download a tracking sheet here:  <a href="https://www.youthsporttrust.org/system/files/Challenge%20Activity%20Tracking%20Sheet.pdf">https://www.youthsporttrust.org/system/files/Challenge%20Activity%20Tracking%20Sheet.pdf</a></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><b>Floor space</b></p>
<p><b>After School Club</b></p>	<p>I know lots of you are missing our after school sports clubs so why not join some amazing athletes live every <b>Tuesday &amp; Thursday at 5pm</b> for a sports session after your online learning. Here are some previously recorded sessions you can access at any time:</p> <p><b>Tuesday 19<sup>th</sup> January – Invasion Games with Jade Windley:</b>  <a href="https://www.youtube.com/watch?v=gYpT9-RqS9A&amp;feature=youtu.be&amp;ab_channel=YouthSportTrust">https://www.youtube.com/watch?v=gYpT9-RqS9A&amp;feature=youtu.be&amp;ab_channel=YouthSportTrust</a></p> <p><b>Thursday 21<sup>st</sup> January – Invasion Games with Nolli Waterman:</b>  <a href="https://www.youtube.com/watch?v=8IH0vCpTeJc&amp;feature=youtu.be&amp;ab_channel=YouthSportTrust">https://www.youtube.com/watch?v=8IH0vCpTeJc&amp;feature=youtu.be&amp;ab_channel=YouthSportTrust</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>19<sup>th</sup> Jan:</b>                  Chair, basketball/bouncy ball, pegs &amp; tea towel</p> <p><b>21<sup>st</sup> Jan:</b>                  Small ball, 5 pairs of socks, 8 bottles/objects to knock over.</p>