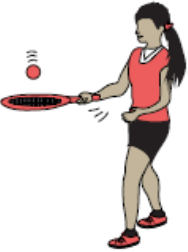





**PE, Physical Activity, Personal Challenge & After School Club**

Session:	Session content:	Equipment needed:
<p><b>PE Lesson</b></p>	<p><b>Gymnastics:</b></p> <p>Today, I'd like you to have a go at British Gymnast, Beth Tweddle's lesson. In the lesson you will look at key shapes, balancing and sequence work. Make sure you have a large, clear space to do this and also adult supervision.</p> <p>Beth Tweddle Gym Stars Lesson: <a href="#">Gym Stars   Lockdown Week 3 - YouTube</a></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="#">Boxing For Beginners *All Ability Boxercise*   Ultimate Kids P.E Lessons   Focuz-Fit - YouTube</a></li> <li>2) <a href="#">Football Fitness   Ultimate Kids P.E Lessons   Focuz-Fit - YouTube</a></li> <li>3) <a href="#">Army Testing   Ultimate Kids P.E Lessons   Focuz-Fit - YouTube</a></li> <li>4) <a href="#">Zumba Dance Party - YouTube</a></li> <li>5) <a href="#">Corbin Sisters Netball Home Workout - BBC Sport - YouTube</a></li> </ol>	<p><b>Indoor space</b></p>

<p><b>Personal Challenge</b></p>	<div style="text-align: center; background-color: #e91e63; color: white; padding: 5px;"> <b>60 Second Challenge</b>  <b>Tap Up Tennis</b> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 30%; border: 2px dashed blue; padding: 10px;"> <p><b>The Physical Challenge</b></p> <p>How many times can you tap up a tennis ball on a racket in 60 seconds?</p> <p>If the ball touches the floor, time continues but your score freezes until you start tapping again!</p> <p><b>#StayHomeStayActive</b></p> </div> <div style="width: 20%; text-align: center;">  <p style="font-size: small; color: gray;">Do you ask for help if you find it hard?</p> </div> <div style="width: 20%; border: 2px dashed red; border-radius: 50%; padding: 10px; text-align: center;"> <p><b>Equipment</b></p> <p>A tennis racket and a ball</p> <p>If you do not have a racket and ball, use a frying pan and a pair of socks!</p> </div> <div style="width: 20%; border: 2px dashed orange; padding: 10px;"> <p><b>Achieve Gold</b>  60 Tap Ups</p> <p><b>Achieve Silver</b>  45 Tap Ups</p> <p><b>Achieve Bronze</b>  30 Tap Ups</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><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 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 –</b> A ball, a balloon, 4 shoes</p>