





PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
PE Lesson	<p>Today, I'd like you to try two #ThisIsPE activities:</p> <p>Activity 1 looks at striking an object for distance. The skill of striking an object is used in sports like tennis, cricket and rounder's. Practicing this skill will help improve your hand-eye coordination which can lead to improvements in your handwriting too!</p> <p>Activity 2 is practicing your catching skills which again helps us in games like cricket, rounders, netball, rugby and lots more. You will need to look at the advice given at the end of the video to make the task harder.</p> <p>Activity 1 - #ThisIsPE - Striking for distance - YouTube</p> <p>Activity 2 - #ThisIsPE - Catching - YouTube</p>	<p>Socks, pillow, ironing board</p>
Physical Activity	<p>Dance Fitness:</p> <p>This week we'd love you to stay active through trying some dance fitness sessions. These sessions are lots of fun and will provide plenty of laughs if done together as a family. There's even a 'Greatest Showman' dance class!</p> <ol style="list-style-type: none"> 1) Greatest Showman Dance Workout (full body cardio) with Kyra Pro: https://www.youtube.com/watch?v=nM23HcM6CzY 2) KIDZ BOP Dance along videos: https://www.youtube.com/watch?v=sHd2s_saYsQ 3) Disney Mix Dance Workout: https://www.youtube.com/watch?v=CxgD9P-kMjE 4) Bollywood Dance Workout: https://www.youtube.com/watch?v=KUmKKPcf71Q 5) Go Noodle Zumba Dance Party: https://www.youtube.com/watch?v=FHo9QaJ1Dyl 6) Disney Mulan Dance Workout: https://www.youtube.com/watch?v=Aq53VFM2hrY 	<p>Indoor space</p>

<p>Personal Challenge</p>	<div style="text-align: center; background-color: #e91e63; color: white; padding: 5px;"> <h3>60 Second Challenge</h3> <h4>The Plank</h4> </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%; border: 2px dashed #0056b3; 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: 10%; text-align: center;"> <p>Can you focus and show self belief even though it is hard?</p> </div> <div style="width: 40%; 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> <div style="margin-top: 20px;"> <div style="border: 1px dashed #ffc107; padding: 5px; margin-bottom: 5px;"> <p>Achieve Gold </p> <p>60 seconds or more</p> </div> <div style="border: 1px dashed #6c757d; padding: 5px; margin-bottom: 5px;"> <p>Achieve Silver </p> <p>45 seconds or more</p> </div> <div style="border: 1px dashed #ffc107; padding: 5px;"> <p>Achieve Bronze </p> <p>30 seconds or more</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>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>