

**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>In school this half term we would have completed a gymnastics unit, so today, you will be having a go at two #thisisPE lessons that link to gymnastics. The brilliant thing about these lessons is you don't need PE equipment. You can use whatever you have at home.</p> <p><b>Activity video 1 – Basic Shapes</b>  <a href="https://www.youtube.com/watch?v=RDWICVb7Aac&amp;list=PLYGRaluWWTTojV3An2WEgsQ4qGFy_91jDL&amp;index=22">https://www.youtube.com/watch?v=RDWICVb7Aac&amp;list=PLYGRaluWWTTojV3An2WEgsQ4qGFy_91jDL&amp;index=22</a></p> <p><b>Activity video 2 – Rock &amp; Roll Gymnastics</b>  <a href="https://www.youtube.com/watch?v=DcGFteFryoA&amp;list=PLYGRaluWWTTojV3An2WEgsQ4qGFy_91jDL&amp;index=5">https://www.youtube.com/watch?v=DcGFteFryoA&amp;list=PLYGRaluWWTTojV3An2WEgsQ4qGFy_91jDL&amp;index=5</a></p>	<p>Sock</p> <p>Cushions</p>
<p><b>Physical Activity</b></p>	<p><b>Daily Mile:</b></p> <p>Every day this week I'd like you to try walking, running or cycling a mile.</p> <p>You can complete this doing shuttle runs in your garden, running/walking/cycling around the local park. See if a parent will join you.</p> <p>I'm doing my daily mile at 10.45am every day. My daughter is cycling, my son is going on his scooter and I'm running. We will be doing laps around our local park.</p> <p>If you can't do this, Joe Wicks will be live again on Monday, Wednesday &amp; Friday's on YouTube.</p>	<p>Outdoor space</p>

**Personal Challenge**

**60 Second Challenge**  
**Bean Bag Throw**

Can you focus, concentrating on the target?

**The Physical Challenge**

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.

**#StayHomeStayActive**



**Equipment**

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

**Achieve Gold**

30 Throws



**Achieve Silver**

25 Throws



**Achieve Bronze**

20 Throws



**Floor space**

We'd love to know how you got on with this week's personal challenge. Please send us your photos or videos via email or twitter. Our twitter handle is @CookridgePE and we will share to our school website. Use the hashtags; #personalchallenge #StayHomeStayActive

Good luck!