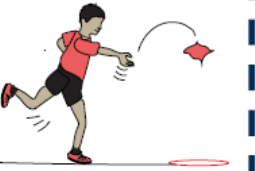





PE, Physical Activity, Personal Challenge & After School Club

Session:	Session content:	Equipment needed:
<p>PE Lesson</p>	<p>Gymnastics:</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>Activity video 1 – Rock & Roll Gymnastics https://www.youtube.com/watch?v=DcGFteFryoA&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=5</p> <p>Activity video 2 – Gym Shapes and Travel https://www.youtube.com/watch?v=vXQ9XpOSIYE&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=24</p>	<p>Sock Cushions</p>
<p>Physical Activity</p>	<p>Daily Mile:</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 and maybe set aside a specific time of day to complete the challenge.</p> <p>I have my daily mile scheduled in for 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. If you are unable to do this, Joe Wicks will be live Monday, Wednesday & Friday.</p>	<p>Outdoor space</p>

<p>Personal Challenge</p>	<div style="border: 1px solid black; padding: 10px;"> <div style="background-color: #e91e63; color: white; padding: 5px; text-align: center;"> 60 Second Challenge Bean Bag Throw </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 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</p>  </div> <div style="width: 45%; border: 2px dashed red; border-radius: 50%; padding: 10px; text-align: center;"> <p>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!</p> </div> </div> <div style="margin-top: 10px; text-align: right;"> <p>Achieve Gold  30 Throws</p> <p>Achieve Silver  25 Throws</p> <p>Achieve Bronze  20 Throws</p> </div> </div>	<p>Floor space</p>
<p>After School Club</p>	<p>I know lots of you are missing all our after school sports clubs so why not join some amazing athletes live every Tuesday & Thursday at 5pm for a sports session after your online learning.</p> <p>Tuesday 12th January – Kate Grey: https://www.youtube.com/watch?v=cLI-lmaU3wU</p> <p>Thursday 14th January – Jenna Downing (athletics session): https://www.youtube.com/watch?v=nALarZut_Ko</p> <p>If you do join in please share a photo of you getting active on twitter & tag @CookridgePE with #YSTAfterSchool.</p>	<p>12th Jan – 5 items you can stack i.e. toilet rolls</p> <p>14th Jan – 5 pairs of socks & either masking tape, towels, string or ties</p>