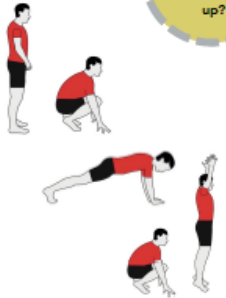





**PE, Physical Activity, Personal Challenge & After School Club**

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 – Rock &amp; Roll Gymnastics</b>  <a href="https://www.youtube.com/watch?v=DcGFteFryoA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=5">https://www.youtube.com/watch?v=DcGFteFryoA&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=5</a></p> <p><b>Activity video 2 – Lily Pad Jump</b>  <a href="https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21">https://www.youtube.com/watch?v=pbmO3ZRREHE&amp;list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&amp;index=21</a></p>	<p>Sock 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 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 &amp; Friday.</p>	<p>Outdoor space</p>

<p><b>Personal Challenge</b></p>	<div style="text-align: center; background-color: #e91e63; color: white; padding: 5px;"> <h3>60 Second Challenge</h3> <h4>Burpees</h4> </div> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 2px dashed #003366; padding: 10px; width: 60%;"> <p><b>The Physical Challenge</b></p> <p>How many burpees can you complete in 60 seconds?</p> <p>Make sure you extend your legs back once you have lowered yourself to the ground.</p> <p><b>#StayHomeStayActive</b></p>  </div> <div style="border: 2px dashed #003366; border-radius: 50%; padding: 10px; width: 20%; text-align: center;"> <p>Do you keep trying even when you want to give up?</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="border: 2px dashed #ffc107; padding: 5px; text-align: center;"> <p><b>Achieve Gold</b></p> <p>30 burpees</p>  </div> <div style="border: 2px dashed #ffc107; padding: 5px; text-align: center;"> <p><b>Achieve Silver</b></p> <p>20 burpees</p>  </div> <div style="border: 2px dashed #ffc107; padding: 5px; text-align: center;"> <p><b>Achieve Bronze</b></p> <p>10 burpees</p>  </div> </div> <p>Forgotten how to do a burpee? Watch the video below;  <a href="https://www.youtube.com/watch?v=Y8Tlp7s38gw">https://www.youtube.com/watch?v=Y8Tlp7s38gw</a></p> <p>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</p> <p>Good luck!</p>	<p><b>Floor space</b></p>
<p><b>After School Club</b></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 &amp; Thursday at 5pm for a sports session after your online learning.</p> <p><b>Tuesday 12<sup>th</sup> January – Kate Grey:</b> <a href="https://www.youtube.com/watch?v=cLI-lmaU3wU">https://www.youtube.com/watch?v=cLI-lmaU3wU</a></p> <p><b>Thursday 14<sup>th</sup> January – Jenna Downing (athletics session):</b> <a href="https://www.youtube.com/watch?v=nALarZut_Ko">https://www.youtube.com/watch?v=nALarZut_Ko</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>12<sup>th</sup> Jan</b> – 5 items you can stack i.e. toilet rolls</p> <p><b>14<sup>th</sup> Jan</b> – 5 pairs of socks &amp; either masking tape, towels, string or ties</p>