

P.E Home School Timetable - 20th – 24th April

Day	Year Reception / 1 / 2	Year 3 / 4	Year 5 / 6
Monday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel
CHALLENGE	SPEED BOUNCE	SPEED BOUNCE	SPEED BOUNCE
Tuesday	Three in a row game from Youth Sport Trust website	Three in a row game from Youth Sport Trust website	Three in a row game from Youth Sport Trust website
Wednesday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel
CHALLENGE	SPEED BOUNCE	SPEED BOUNCE	SPEED BOUNCE
Thursday	BBC Supermovers Maths Number Bonds with Martin Dougan	Saskia's Dance School https://m.youtube.com/user/saskiasdanschul/videos "Better when I'm Dancing" Meghan Trainer "What do you mean" Justin Bieber	Saskia's Dance School https://m.youtube.com/user/saskiasdanschul/videos "Better when I'm Dancing" Meghan Trainer "What do you mean" Justin Bieber
Friday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel
CHALLENGE	SPEED BOUNCE	SPEED BOUNCE	SPEED BOUNCE

SCHHOL GAMES SPEED BOUNCE CHALLENGE

Place an object on the floor and try and jump over the object (e.g. cone / beanbag / rolled up towel) as many times as you can by using side to side jumps in a certain amount of time. Repeat exercise three times in the week to try and beat your personal best. See example below.

<https://www.youtube.com/watch?v=yhfsEgE9asl>

Year 1 / 2 – 20 seconds

Year 3 / 4 – 30 seconds

Year 5 / 6 – 40 seconds

To enter the school games competition for Cannock & Rugeley and represent your school please send any pictures / videos of children attempting the Speed Bounce challenge to trowell@suacademy.co.uk with the child's first name, school year group, school and number of bounces they achieved. Entries must be received by Friday 24th April at 3.00pm. Good luck!

Home Learning - Premier League Stars

KS1 and KS2 – Football Fun Activity Pack

Youtube Links

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Three%20in%20a%20Row.pdf>

<https://www.bbc.co.uk/teach/super movers/ks1-maths-number-bonds-with-martin-dougan/zf6cpg8>

<https://m.youtube.com/user/saskiasdansschool/videos>

<https://plprimarystars.com/resources/football-fun-activity-pack#m-resource-1542-link>