

P.E Home School Timetable – 27th April-1st May

Day	Year 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
Tuesday	Standing Long Jump practice https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Standing%20Long%20Jump.pdf	Standing Long Jump practice https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Standing%20Long%20Jump.pdf	Standing Long Jump practice https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Standing%20Long%20Jump.pdf
Wednesday	Football Skills See challenges below	Football Skills See challenges below	Football Skills See challenges below
CHALLENGE	SCHOOL GAMES – Standing Long Jump / Vertical Jump	SCHOOL GAMES – Standing Long Jump / Vertical Jump	SCHOOL GAMES – Standing Long Jump / Vertical Jump
Thursday	Superheroes Dance http://www.youtube.com/watch?v=f9KqF_11EYc&feature=embed_err_watch_on_yt	Streetdance Masterclass https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-street-dance-masterclass-on-b-boying-and-footwork/zkmf47h	Streetdance Masterclass https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-street-dance-masterclass-on-b-boying-and-footwork/zkmf47h
Friday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel

SCHOOL GAMES JUMPING CHALLENGE

Equipment needed – something to stand by, chalk / blue tac, something to measure with e.g. tape measure / metre stick and a someone to help you measure your score!

Standing Long Jump

- Stand still with feet together by or on a marker
- Jump with both feet landing together
- Measure the distance between the marker and where the heel is in cm
- Repeat three times to find your best score

<https://www.youtube.com/watch?v=tf7YG9xwscA>

Vertical Jump

- Stand by a wall and reach up as high as you can with your hand making a mark on the wall with chalk or blue tac
- Jump as high as you can and make a 2nd mark or touch the wall
- Measure the distance between the two marks on the wall
- Repeat three times to find your best score

This activity may work best if you get someone to help you measure your score.

https://www.youtube.com/watch?v=20d_MA76CdQ&t=16s

To enter the school games competition for Cannock & Rugeley and represent your school please send any pictures / videos of children attempting the Standing Long Jump and Vertical Jump challenge to trowell@suacademy.co.uk with the child's first name, school year group, school and distance of their best jumps. Entries must be received by Friday 1st May at 3.00pm. Good luck!

Football Skills

Challenge	Key Stage 1	Key Stage 2
1	How many different parts of the foot can you use to touch the ball?	Can you dribble the ball with both feet and keep the ball close to you in a small area?
2	Can you do ten toe taps (keep the ball in one place and then alternatively put left and then right foot on the ball)?	How many toe taps can you do in 30 seconds (keep the ball in one place and then alternatively put left and then right foot on the ball)?
3	Can you kick the ball with both feet?	Can you dribble with the ball and turn using the drag back turn (put the sole of your foot on the ball and roll the ball backwards so you are facing

		a different way)?
4	Can you dribble the ball keeping the ball close to you as you move around a small space?	Can you think of any other ways you could travel and then turn with the football?
5	Can you dribble with the ball and turn using the drag back turn (put the sole of your foot on the ball and roll the ball backwards so you are facing a different way)?	Can you throw, kick, knee or shin the ball in to the air and then catch it?
6	Can you throw the ball in the air or kick the ball in the air and then catch it?	Keepy uppy challenge! How many touches of the ball can you have using different parts of the body without the ball touching the floor or only bouncing once in between each touch? Try not to use your hands!

School Games Active Championship

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa! New challenges will be available every Monday, Wednesday and Friday to engage with.

Primary and secondary-aged children can join the School Games Active Championships at any time with free active challenges being set via videos within a designated School Games version of the TopYa! Active app.

All they need to do is download the app, register as a player and type in the Invite Code 23880.

Children practise the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches. Points are earned for each video submitted, leading to climbing leaderboards and winning prizes!

The TopYa! Active app is committed to online safety and meets rigorous COPPA and GDPR safeguarding standards. No one can communicate within the app. All children can do to communicate with one another is give each other a virtual 'high-five', which functions like a social media 'like'. Video content is suitable for young people of all ages and abilities, with regular submissions from National Governing Bodies of Sport.

Please see the link below for more information and to sign up.

<https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/>

Youtube Links

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

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Standing%20Long%20Jump.pdf>

http://www.youtube.com/watch?v=f9KqF_11EYc&feature=emb_err_watch_on_yt

<https://www.bbc.co.uk/teach/class-clips-video/physical-education-ks1-ks2-street-dance-masterclass-on-b-boying-and-footwork/zkmf47h>