

P.E Home School Timetable – 4th – 8th 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	Gymnastics Balances https://www.youthsporttrust.org/sites/default/files/Balance%20Time.pdf	Gymnastics Balances https://www.youthsporttrust.org/sites/default/files/Balance%20Time.pdf	Gymnastics Balances https://www.youthsporttrust.org/sites/default/files/Balance%20Time.pdf
Wednesday	Catching Skills See challenges below	Catching Skills See challenges below	Catching Skills See challenges below
CHALLENGE	SCHOOL GAMES – CATCHING CHALLENGE	SCHOOL GAMES – CATCHING CHALLENGE	SCHOOL GAMES – CATCHING CHALLENGE
Thursday	Tokyo 10 Activities https://www.getset.co.uk/resource/721/download	Tokyo 10 Activities https://www.getset.co.uk/resource/721/download	Tokyo 10 Activities https://www.getset.co.uk/resource/721/download
Friday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel

SCHOOL GAMES CATCHING CHALLENGE

Equipment needed – Tennis ball or large ball

KS1 – Stand 1 metre away from a wall and throw and catch a ball against the wall as many times as you can in 1 minute. Each catch = 1 point. Children can choose what size ball they can use.

KS2 – Stand 3 metres away from a wall and throw and catch a tennis ball against the wall as many times as you can in 1 minute. Each catch = 1 point.

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 8th May at 3.00pm. Good luck!

Please follow us on Facebook for updates on school games events and competitions – Staffordshire University Academy School Games

<https://www.facebook.com/Staffordshire-University-Academy-School-Games-110748340621261/>

Catching Skills

Challenge	Key Stage 1	Key Stage 2
1	Throw the ball up and catch it	Practice throwing and catching and bouncing and catching.
2	Bounce the ball and catch it	How high can you throw the ball and still catch it?
3	Move around whilst bouncing and catching or throwing and catching	Can you throw the ball up with one hand and catch it with the other?
4	How high can you throw the ball and still catch it?	Throw the ball up, clap once and catch it.
5	Throw the ball up, clap once and catch it.	How many claps can you do but still catch the ball?
6	How many claps can you do but still catch the ball?	Ask a friend or family member to help – stand with your back to a friend, friend throws the ball over your shoulder and then react to try and catch the ball as fast as you can.

EXTRA CHALLENGE – use a different size ball to make the challenge easier or harder

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 practice 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/UCAxW1XT0iEJo0TYlRfn6rYQ>

<https://www.youthsporttrust.org/sites/default/files/Balance%20Time.pdf>

<https://www.getset.co.uk/resource/721/download>

