

P.E Home School Timetable – 11th – 15th 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 Jumps https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf	Gymnastics Jumps https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf	Gymnastics Jumps https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf
Wednesday	Circuit Skills See circuit below	Circuit Skills See challenges below	Circuit Skills See challenges below
CHALLENGE	SCHOOL GAMES – SHUTTLE RUN CHALLENGE	SCHOOL GAMES – SHUTTLE RUN CHALLENGE	SCHOOL GAMES – SHUTTLE RUN CHALLENGE
Thursday	Dance Mat Challenge https://www.youtube.com/watch?v=rsCcGK1TC9o&list=PLKY0s7yRckoSNPh_M5XaRnmjt73aDB-Uk&index=4	Dance Mat Challenge https://www.youtube.com/watch?v=rsCcGK1TC9o&list=PLKY0s7yRckoSNPh_M5XaRnmjt73aDB-Uk&index=4	Dance Mat Challenge https://www.youtube.com/watch?v=rsCcGK1TC9o&list=PLKY0s7yRckoSNPh_M5XaRnmjt73aDB-Uk&index=4
Friday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel

SCHOOL GAMES SHUTTLE RUN CHALLENGE

Equipment needed – 2 Markers to run in between

Put down two markers 5 metres apart. Complete 4 shuttles (run to one marker and back) so distance covered is 40 metres, as fast as you can. Time how long it takes. Try and beat your personal best.

To enter the school games competition for Cannock & Rugeley and represent your school please send any pictures / videos of children attempting the Shuttle Run Challenge to trowell@suacademy.co.uk with the child's first name, school year group, school and time of their best run. Entries must be received by Friday 15th 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/>

Circuit Skills

Challenge	Key Stage 1	Key Stage 2
1	10 star jumps	10 star jumps
2	20 seconds speed bounce	30 seconds speed bounce
3	30 seconds skipping or hopping	45 seconds skipping or hopping
4	Stand on one leg for 20 seconds	Stand on one leg for 30 seconds then swap legs and do the same
5	5 standing long jumps	5 standing long jumps

Repeat circuit three times. Have a break in between each time.

Dance Mat Challenge

Lay out 5 markers or pieces of paper / cars as a dance mat and use them to create different dance steps. Choose a song and then create a dance routine to perform for it.

For example, see link below

https://www.youtube.com/watch?v=rsCcGK1TC9o&list=PLKY0s7yRckoSNPh_M5XaRnmjt73aDB-Uk&index=4

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/UCAxW1XT0iEJo0TYIRfn6rYQ>

https://www.youtube.com/watch?v=rsCcGK1TC9o&list=PLKY0s7yRckoSNPh_M5XaRnmjt73aDB-Uk&index=4

<https://www.youthsporttrust.org/sites/default/files/Home%20PE%20Jumping%20Dice.pdf>

