

P.E Home School Timetable – 1<sup>st</sup> June – 5<sup>th</sup> June

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	Golf Activities <a href="https://www.golf-foundation.org/clubs/golf-at-home/">https://www.golf-foundation.org/clubs/golf-at-home/</a>	Golf Activities <a href="https://www.golf-foundation.org/clubs/golf-at-home/">https://www.golf-foundation.org/clubs/golf-at-home/</a>	Golf Activities <a href="https://www.golf-foundation.org/clubs/golf-at-home/">https://www.golf-foundation.org/clubs/golf-at-home/</a>
Wednesday	GYMNASTICS CHALLENGE See challenges below	GYMNASTICS CHALLENGE See challenges below	GYMNASTICS CHALLENGE See challenges below
Thursday	P.E with Mr Dalton <a href="https://www.youtube.com/watch?v=OTMI6M3iJqY&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;index=7">https://www.youtube.com/watch?v=OTMI6M3iJqY&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;index=7</a>	P.E with Mr Dalton <a href="https://www.youtube.com/watch?v=OTMI6M3iJqY&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;index=7">https://www.youtube.com/watch?v=OTMI6M3iJqY&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;index=7</a>	P.E with Mr Dalton <a href="https://www.youtube.com/watch?v=OTMI6M3iJqY&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;index=7">https://www.youtube.com/watch?v=OTMI6M3iJqY&amp;list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;index=7</a>
Friday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel

**SCHOOL GAMES GYMNASTICS BALANCING CHALLENGE**

**EQUIPMENT – 1 cushion, 1 paperback book**

How far can you get on the list of 10 gymnastics balancing challenges? You must be able to balance and hold still for 10 seconds before you move up a level.

1. Balance on 1 leg
2. Swap legs and balance on the other leg
3. Balance on 1 leg on the floor with eyes closed
4. Balance on 1 leg on a cushion

5. Balance on 1 leg on a paperback book
6. Balance on 1 leg on cushion with eyes close
7. Balance on 1 leg on tip toes
8. Balance on 1 leg on tip toes on a cushion
9. Balance on 1 leg on tip toes on a cushion with eyes closed.
10. Balance on 1 leg on tip toes on a paperback book with eyes closed.

To enter the school games competition for Cannock & Rugeley and represent your school please send any pictures / videos of children attempting the Gymnastics Challenge to [trowell@suacademy.co.uk](mailto:trowell@suacademy.co.uk) with the child's first name, school year group, school and the level they were able to achieve. Entries must be received by Friday 5<sup>th</sup> June at 3.00pm. Good luck!

#### Staffordshire and Stoke Virtual School Games

This week also sees the start of our County Virtual School Games competitions. These are virtual competitions across the county that children can enter individually to represent their school as part of a team. The individuals with the highest scores will represent their schools and be judged against other schools to be county champions! All entries are welcome and all children will receive a certificate for taking part. This week is Dance so if you are in key stage 2 please take a look at attached information sheet and send your entries to [cdenham@staffordbc.gov.uk](mailto:cdenham@staffordbc.gov.uk) by Friday 12<sup>th</sup> June.

Please keep up to date on school games events and competitions by following us on Facebook – Staffordshire University Academy School Games

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

Or @StaffordshireU5 on Twitter

#### Golf Activites

See attached website and try age related tennis activities. If you have not got a golf club try using a bat or hockey stick or just your hand depending on the activity.

<https://www.golf-foundation.org/clubs/golf-at-home/>

### P.E with Mr Dalton

Dance Around the World - Salsa

<https://www.youtube.com/watch?v=OTMI6M3iJqY&list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&index=7>

### 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.golf-foundation.org/clubs/golf-at-home>

<https://www.youtube.com/watch?v=OTMI6M3iJqY&list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&index=7>