

P.E Home School Timetable – 15<sup>th</sup> June – 19<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	<a href="https://ukactivekids.com/movecrew/">https://ukactivekids.com/movecrew/</a> Choose 3 of the challenges and give them a go!	<a href="https://ukactivekids.com/movecrew/">https://ukactivekids.com/movecrew/</a> Choose 3 of the challenges and give them a go!	<a href="https://ukactivekids.com/movecrew/">https://ukactivekids.com/movecrew/</a> Choose 3 of the challenges and give them a go!
Wednesday	SCHOOL GAMES CHALLENGES Toe Taps / Dance	SCHOOL GAMES CHALLENGES Skipping / Tri-Golf / Tennis	SCHOOL GAMES CHALLENGES Skipping / Toe Taps / Tri-Golf
Thursday	2 Faced Dance for Kids <a href="https://youtu.be/CJMU29xu1Lg?list=PLIQ_-IOEMF7Vo7f0hMdkr3S2trcJEoAyD">https://youtu.be/CJMU29xu1Lg?list=PLIQ_-IOEMF7Vo7f0hMdkr3S2trcJEoAyD</a>	Saskia Dance School <a href="https://www.youtube.com/user/saskiasdansschool">https://www.youtube.com/user/saskiasdansschool</a> Choose 3 dances	Saskia Dance School <a href="https://www.youtube.com/user/saskiasdansschool">https://www.youtube.com/user/saskiasdansschool</a> Choose 3 dances
Friday	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel	P.E with Joe Wicks Youtube Channel

**SCHOOL GAMES SKIPPING CHALLENGE**

**EQUIPMENT – 1 Skipping Rope**

This week is a skipping challenge. Try as many times as you like to achieve your personal best score!

KS1 – How many skips can you do in 30 seconds?

KS2 – How many skips can you do in 1 minute?

To enter the school games competition for Cannock & Rugeley and represent your school please send any pictures / videos of children attempting the Skipping Challenge to [trowell@suacademy.co.uk](mailto:trowell@suacademy.co.uk) with the child's first name, school year group, school and their highest number of skips. Entries must be received by Friday 19<sup>th</sup> June at 3.00pm. Good luck!

## Staffordshire and Stoke Virtual School Games

Our County Virtual School Games competitions are now open. 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.

### TENNIS

This is the second week of the tennis Competition for children in Years 3 / 4 or 7 / 8. To enter this competition please follow the google forms links below for instructions on the activities and to input your child's details and results. Closing date for this competition is Friday 19<sup>th</sup> June.

Year 3 / 4

<https://docs.google.com/forms/d/e/1FAIpQLSdz0fF8FFoTZJkbf3NridX5FPfwUdCQzxbb2Y2zoUdtBkRXjQ/viewform?vc=0&c=0&w=1>

Year 7 / 8

[https://docs.google.com/forms/d/e/1FAIpQLSe5BHcBmxd76nYbnCFliSjD1XF632pEFB\\_UtKWfnD-VS-3Xg/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSe5BHcBmxd76nYbnCFliSjD1XF632pEFB_UtKWfnD-VS-3Xg/viewform?vc=0&c=0&w=1)

### TRI-GOLF

Any children in Key stage 2 and 3 can enter our next competition which is Tri-Golf. Competition starts on Monday 15<sup>th</sup> June and closes on Friday 26<sup>th</sup> June. See links below for details on the competition:

KS2 – Years 3 / 4 / 5 / 6

<https://docs.google.com/forms/d/13OSbx31O13Gg40uWcGvM-K20hmawv-WtDuXUbqm4ESc/edit>

KS3 – Years 7 / 8 / 9

<https://docs.google.com/forms/d/1AQq2MoIRfKYAZVP7ILFM62-BeUNOVuGo6lf2MCHG5hU/edit>

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

### 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://ukactivekids.com/movecrew/>

[https://youtu.be/CJMU29xu1Lg?list=PLIQ\\_-IOEMF7Vo7f0hMdkr3S2trcJEoAyD](https://youtu.be/CJMU29xu1Lg?list=PLIQ_-IOEMF7Vo7f0hMdkr3S2trcJEoAyD)

<https://www.youtube.com/user/saskiasdansschool>