

P.E Home School Timetable – 22<sup>nd</sup> June – 26<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	Throwing and Catching Challenges <a href="http://www.activitychallenge.co.uk/how-to-take-the-challenge">http://www.activitychallenge.co.uk/how-to-take-the-challenge</a>	Throwing and Catching Challenges <a href="http://www.activitychallenge.co.uk/how-to-take-the-challenge">http://www.activitychallenge.co.uk/how-to-take-the-challenge</a>	Throwing and Catching Challenges <a href="http://www.activitychallenge.co.uk/how-to-take-the-challenge">http://www.activitychallenge.co.uk/how-to-take-the-challenge</a>
Wednesday	SCHOOL GAMES CHALLENGES Jumping Challenge	SCHOOL GAMES CHALLENGES Jumping / Tri-Golf / Cricket	SCHOOL GAMES CHALLENGES Jumping / Tri Golf / Cricket
Thursday	Change 4 Life Activities <a href="https://www.nhs.uk/change4life/activities/sports-and-activities">https://www.nhs.uk/change4life/activities/sports-and-activities</a> Choose an activity	Change 4 Life Activities <a href="https://www.nhs.uk/change4life/activities/sports-and-activities">https://www.nhs.uk/change4life/activities/sports-and-activities</a> Choose an activity	Change 4 Life Activities <a href="https://www.nhs.uk/change4life/activities/sports-and-activities">https://www.nhs.uk/change4life/activities/sports-and-activities</a> Choose an activity
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 COORDINATION CHALLENGE**

**EQUIPMENT** – Something to make a square e.g. chalk / skipping ropes etc

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



- Make a box like so and number 1 to 4. Can make the box using chalk or string or anything that can split in 4.
- Jump in number order - 1 to 2, then 2 to 3, then 3 to 4, then 4 to 1 and repeat
- Each complete circuit = 1 point
- Keep going for 1 minute - How many points can you get?

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 26<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.

#### 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-BeUNOVuGo6If2MCHG5hU/edit>

## CRICKET

This week is the start of the virtual cricket competition. The competition is for all children in Key Stage 2. Closing date is Friday 3<sup>rd</sup> July. Please follow the link below for details on the competition rules and how to enter.

[https://docs.google.com/forms/d/15OlaSIJSoEusSY-K9PxeyPpaOa\\_IW9BFFLbP5ie5Ik0/edit](https://docs.google.com/forms/d/15OlaSIJSoEusSY-K9PxeyPpaOa_IW9BFFLbP5ie5Ik0/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>

<http://www.activitychallenge.co.uk/how-to-take-the-challenge>

<https://www.nhs.uk/change4life/activities/sports-and-activitie>