

P.E Home School Timetable – 18<sup>th</sup> – 22<sup>nd</sup> 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	Tennis Activities <a href="https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/">https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/</a>	Tennis Activities <a href="https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/">https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/</a>	Tennis Activities <a href="https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/">https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/</a>
Wednesday	Agility Skills Circuit See circuit below	Agility Skills Circuit See challenges below	Agility Skills Circuit See challenges below
CHALLENGE	SCHOOL GAMES – AGILITY CHALLENGE	SCHOOL GAMES – AGILITY CHALLENGE	SCHOOL GAMES – AGILITY CHALLENGE
Thursday	P.E with Mr Dalton <a href="https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;time_continue=1&amp;v=s2_1WKQYR-s&amp;feature=emb_logo">https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;time_continue=1&amp;v=s2_1WKQYR-s&amp;feature=emb_logo</a>	P.E with Mr Dalton <a href="https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;time_continue=1&amp;v=s2_1WKQYR-s&amp;feature=emb_logo">https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;time_continue=1&amp;v=s2_1WKQYR-s&amp;feature=emb_logo</a>	P.E with Mr Dalton <a href="https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;time_continue=1&amp;v=s2_1WKQYR-s&amp;feature=emb_logo">https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&amp;time_continue=1&amp;v=s2_1WKQYR-s&amp;feature=emb_logo</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 AGILITY CHALLENGE**

Equipment needed – 2 Cones / Markers to move in between

Put down two markers 3 metres apart. Move side to side using sidesteps and touch the cones as many times as you can for 1 minute. Each time you touch a cone = 1 point.

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](mailto:trowell@suacademy.co.uk) with the child's first name, school year group, school and their highest score. Entries must be received by Friday 22<sup>nd</sup> 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/>

### Tennis Activities

See attached website and try age related tennis activities. If you have not got a racket try using another object e.g. bat, frying pan or just your hand depending on the activity.

<https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

### Agility Skills

1. Speed bounce – jump side to side over an object for 30 seconds
2. Run between two markers 5 metres apart touching each cone as many times as you can
3. Hop over an object whilst on 1 leg as many times as you can for 30 seconds
4. Place two cones 4 metres apart and side step in between them in a figure of 8 shape for 30 seconds
5. Use a hoop or make a small circle – jump in four different directions (forwards / backwards / both sides) in and out of the circle as many times as you can in 30 seconds

REPEAT 2 OR 3 TIMES

### P.E with Mr Dalton

Dance Around the World

[https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmf&time\\_continue=1&v=s2\\_1WKQYR-s&feature=emb\\_logo](https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmf&time_continue=1&v=s2_1WKQYR-s&feature=emb_logo)

## 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.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

[https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&time\\_continue=1&v=s2\\_1WKQYR-s&feature=emb\\_logo](https://www.youtube.com/watch?list=PL2Xx6flfz9Ua9DHI769kzrYYkUQXqPmfn&time_continue=1&v=s2_1WKQYR-s&feature=emb_logo)