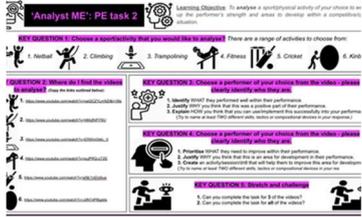
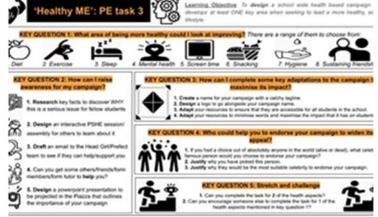


	<p>7.</p>  <p>8.</p> 
Thursday	<p style="text-align: center;">PRACTICAL</p> <ul style="list-style-type: none"> • Joe Wicks 9am workout • Mr Sutton’s workout with Moose on Westleigh PE twitter (upload your video or it didn’t happen) • Dance with Oti Mabuse – on Facebook every day at 11.30am
Friday	<p style="text-align: center;">RECALL</p> <p>What have you remembered from this week? Either make up your own mini test or ask a member of your family to test you on the word of the week [each week there is a new word to remember]</p>

60 Second Challenge

Around the World

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass the ball around your waist in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a pillow or a cuddly toy.

Achieve Gold

50 Times around your waist



Achieve Silver

40 Times around your waist



Achieve Bronze

30 Times around your waist






YOUTH SPORT TRUST

25 YEARS

Believing in every child's

potential

Spell your name PE!

- A- 5 Jumping Jacks
 - B- 5 Jumping Jacks
 - C- 10 jumps
 - D- hop on your right foot
 - E- hop on your left foot
 - F- crab walk for 10 seconds
 - G- do 5 sit ups
 - H- 10 mountain climbers
 - I- 5 push ups
 - J- 30 second high knees
 - K- kick your left foot as high as you can
 - L- kick your right foot as high as you can
 - M- 5 jumping jacks
 - N- 10 jumps
 - O- hop on your right foot
 - P- hop on your left foot
 - Q- do 5 sit ups
 - R- do 10 mountain climbers
 - S- crab walk for 10 seconds
 - T- 5 push ups
 - U- kick your right foot as high as you can
 - V- kick your left foot as high as you can
 - W- Run in place for 30 seconds
 - X- run with high knees
 - Y- 5 push ups
 - Z- 5 sit ups
-

Today's activity is Wall-y, an Active Break activity! Make a target on the wall. When you hit it with a ball, move further back. How far can you go? [#StayHomeStayActive](#) [#StayInWorkOut](#) [bit.ly/STshsa](#)



Fitness Circuit

- No equipment required.
- Aim to complete the session at least twice a week. Change the exercises you include.
- Choose 8 of the exercises. Complete each exercise for 30 seconds then have a 30 second rest. Repeat it twice.
- Increase the difficulty by increasing the time you work for and reducing the rest time (e.g. 45 seconds work 15 seconds rest)



Other sessions to try at home:

- HIIT Home Workout for beginners (Joe Wicks)
- Yoga For Teens | Yoga With Adriene
- 8-Minute Workout for Teens (Back-to-School) | No Equipment | Joanna Soh
- 10-Minute Workout for Teenagers | No Weights, No Jumping! | Joanna Soh
- 16 Minute Hotel HIIT Workout | Low Impact | No Noise | The Body Coach

Stress Relief



?' Creative ME': PE task 1 *Learning Objective: To create & trial a game that can be played with 3 family/friends inside the house/in the garden that is competitive, develops at least one fundamental motor skill and has a clear way to score/team points.*

KEY QUESTION 1: What are the fundamental motor skills that I could develop? Here are some examples to spark off some ideas:

1. Walk/Run 2. Jump 3. Throw 4. Catch 5. Kick 6. Strike/Hit 7. Bounce 8. Balance 9. Hop 10. Skip 11. Leap

KEY QUESTION 2: How do I keep my game safe?

1. FIND A CLEAR/SAFE SPACE TO PLAY
2. YOUR GAME MUST BE NON-CONTACT
3. USE EQUIPMENT THAT WILL NOT ACCIDENTALLY HURT ANYONE
4. ASK AN ADULT OR WHOEVER LOOKS AFTER YOU AT HOME BEFORE YOU PLAY.
5. ARE YOU APPROPRIATELY DRESSED TO PLAY? E.g. Remove jewellery

KEY QUESTION 3: What is the main objective/aim of my game?

To score the most goals. E.g. In a bin
 To get the best/fastest or slowest time?
 To get the highest or lowest score?
 To be the 1st/last person to do something?
 An idea of your choice

KEY QUESTION 4: What category/type of game do I want it to create?

Striking & Fielding: E.g. Cling film roll ball & ball made of sellotape?
 Invasion (Versus): E.g. A bin at either end of a living room to score into?
 Target: E.g. Balancing on 1 leg & catching soft toys inside a bucket?
 Net / Wall: E.g. 4 squares, 1 box with a foam/soft indoor

KEY QUESTION 5: How can I make my game easier or harder?

Can you alter/modify the SPACE, the TASK/ACTIVITY, the EQUIPMENT or the PEOPLE

'Analyst ME': PE task 2

Learning Objective: To analyse a sport/physical activity of your choice to work up the performer's strength and areas to develop within a competitive/situation.

KEY QUESTION 1: Choose a sport/activity that you would like to analyse? There are a range of activities to choose from:

1. Netball 2. Climbing 3. Trampolining 4. Fitness 5. Cricket 6. Kinb

QUESTION 2: Where do I find the videos to analyse? (Copy the links outlined below):

- <https://www.youtube.com/watch?v=0C7Ym2Zkz3s>
- <https://www.youtube.com/watch?v=M4hF77U>
- https://www.youtube.com/watch?v=ER5e0dA_0
- <https://www.youtube.com/watch?v=yuP5Q-qTZE>
- <https://www.youtube.com/watch?v=g2t1mDqbyw>
- <https://www.youtube.com/watch?v=J8VY1P8Bbds>

KEY QUESTION 3: Choose a performer of your choice from the video - please clearly identify who they are.

- Identify WHAT they performed well within their performance.
- Justify WHY you think that this was a positive part of their performance.
- Explain HOW you think that you can use/implement this successfully into your performance (Try to name at least TWO different skills, tactics or compositional devices in your response.)

KEY QUESTION 4: Choose a performer of your choice from the video - please clearly identify who they are.

- Prioritise WHAT they need to improve within their performance.
- Justify WHY you think that this is an area for development in their performance.
- Create an activity/session/drill that will help them to improve this area for development (Try to name at least TWO different skills, tactics or compositional devices in your response.)

KEY QUESTION 5: Stretch and challenge

- Can you complete the task for 3 of the videos?
- Can you complete the task for all of the videos?

'Healthy ME': PE task 3

Learning Objective: To design a school wide health based campaign develops at least ONE key area when seeking to lead a more healthy, active lifestyle.

KEY QUESTION 1: What area of being more healthy could I look at improving? There are a range of them to choose from:

1. Diet 2. Exercise 3. Sleep 4. Mental health 5. Screen time 6. Snacking 7. Hygiene 8. Sustaining friendships

KEY QUESTION 2: How can I raise awareness for my campaign?

- Research key facts to discover WHY this is a serious issue for fellow students
- Design an interactive PSHE session/assembly for others to learn about it
- Draft an email to the Head Girl/Prefect team to see if they can help/support you
- Can you get some others/friends/form members/form tutor to help you?
- Design a powerpoint presentation to be projected in the Piazza that outlines the importance of your campaign

KEY QUESTION 3: How can I complete some key adaptations to the campaign to maximise its impact?

- Create a name for your campaign with a catchy tagline.
- Design a logo to go alongside your campaign name.
- Adapt your resources to ensure that they are accessible for all students in the school.
- Adapt your resources to minimise words and maximise the impact that it has on students

KEY QUESTION 4: Who could help you to endorse your campaign to widen its appeal?

- If you had a choice out of absolutely anyone in the world (alive or dead), what celebrity famous person would you choose to endorse your campaign?
- Justify why you have picked this person.
- Justify why they would be the most suitable celebrity to endorse your campaign.

KEY QUESTION 5: Stretch and challenge

- Can you complete the task for 2 of the health aspects?
- Can you encourage someone else to complete the task for 1 of the health aspects mentioned in key question 1?