**PE TOPICS:**

**To Access all activities Mr Pearce and Mr Flanagan is wanting you to try**:

**Click:**[**https://www.thegoodshepherdcatholicprimaryschool.org.uk/page/?title=Stay+Active+with+Mr+Pearce&pid=71**](https://www.thegoodshepherdcatholicprimaryschool.org.uk/page/?title=Stay+Active+with+Mr+Pearce&pid=71)

**or**

* Go to: ***The Good Shepherd School website***
* *Click:*  ***MENU***
* *Click:* ***Learning with us***
* *Scroll down to yellow bars* *and click*: ***Home Learning- Covid-19***
* *Scroll right to bottom of page to Yellow Bars- Click:* ***Stay Active with Mr Pearce***

**All material for lessons/activities below will be accessible here.**

**Outdoor Adventurous Activity and Multi Skill Development**

**School Games value focus: Teamwork Gospel value Focus: Forgiveness**

**Physical Activity Starter: Try a new Joe Wicks HIIT Workout!**

**Click here to access his YouTube channel:**

[**https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ**](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)

**Have a go at one of his workouts!**

**How did you feel after the workout?**

**Which exercises did you find most challenging?**

**PE lesson Part 1: Outdoor Adventurous Activity:**

***Have a go at all the activities shown below:***



**PE Lesson Part 2: Multi Skill Development: Personal Challenges**

**Speed Stacking!**

**Can you beat Mr Pearce’s Time?**

**Click here to see Mr Pearce’s video example:** [**https://www.thegoodshepherdcatholicprimaryschool.org.uk/page/?title=Stay+Active+with++Mr+Pearce&pid=71**](https://www.thegoodshepherdcatholicprimaryschool.org.uk/page/?title=Stay+Active+with++Mr+Pearce&pid=71)

 **Video titled “Speed Stacking”**

**Northamptonshire Sport Challenge:**

**Every week Northamptonshire sport will be setting a challenge, if you complete make sure you let Mr Pearce know as you get participation points for the school!**

**ben@schoolsportspecialists.co.uk**

***Can you beat your personal best?***

***What could you do differently to improve?***

**Link to see the challenge is here: Northamptonshire Sport Twitter page: The new challenge will be updated at 10am every Monday:**

[**https://twitter.com/Nsport?ref\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor**](https://twitter.com/Nsport?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)

**Research/Written Task, Mindfulness:**

**Write down 5 things you are looking forward to doing this year?**

**e.g Learn to swim, Read 20 books, go on a walk every day**

**Can you set these as your yearly goals?**

**What do we mean when we set a goal?**

***Research task: What are SMART goals?***

**Cross Curricular Activities: MATHS ON THE MOVE!**

**Have a go at the challenges below**

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**EXTRA TIME**

**For those keen for more!**

**Go to:**

**Mr Pearce’s Physical activity Weekly Timetable- This gives you tasks to try every day!**

**“Getting more active” Document. This has lots of links to access**

**For more PE lessons ideas:**

- [**https://www.youtube.com/user/WestYorkshireSport**](https://www.youtube.com/user/WestYorkshireSport)

**Afterschool Sports Club: Youth Sports Trust: Weekdays 5pm:**

[**https://www.youtube.com/user/YouthSportTrust/videos**](https://www.youtube.com/user/YouthSportTrust/videos)

**SEE YOU SOON!!**

**Mr Pearce**