**PE TOPICS:**

**Outdoor Adventurous Activity and Multi Skill Development**

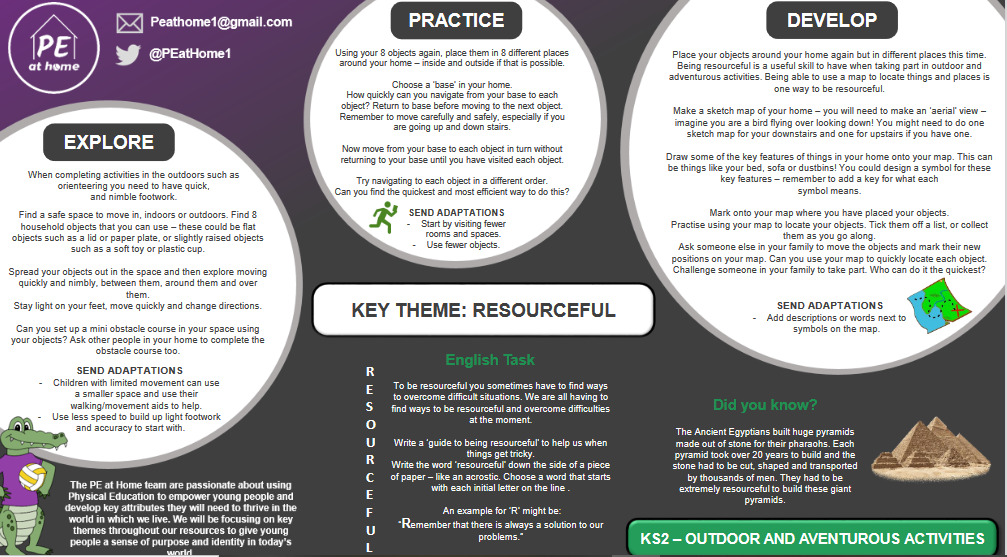
**School Games value focus: Teamwork Gospel value Focus: Forgiveness**

**Physical Activity starter:**

**Get outside as soon as you have an opportunity!! Walk, Run, Jog, Cycle, GeoCache, Scoot, PLAY!:**

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**PE lesson Part 1: Outdoor Adventurous Activity: Explore, Practice and Develop in this PE at Home Lesson below:**



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

***Have a go at Northamptonshire Sports Weekly Personal Challenge!***

**Every week Northamptonshire sport will be releasing a challenge for every school to have a go at. The challenge will be released at 10am on a Monday on the link below:**

**We are on Week 3- Boccia**

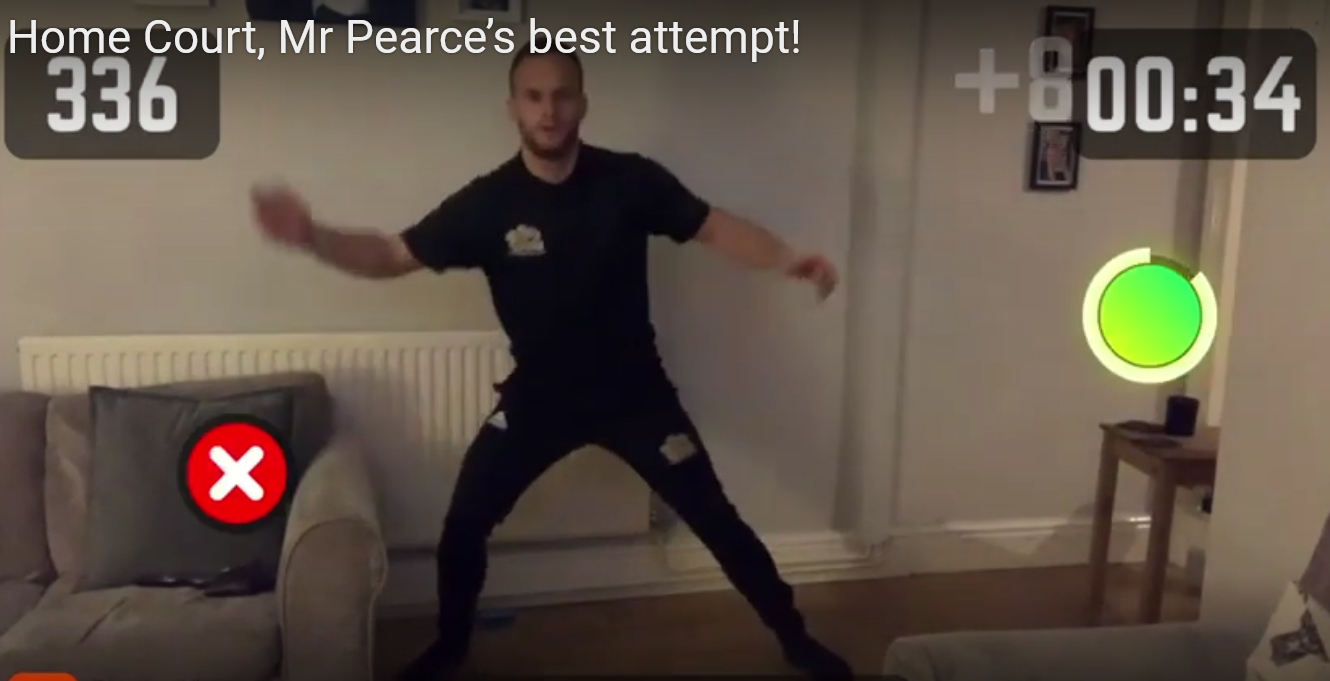
**LOG YOUR SCORE HERE:**

[**https://www.northamptonshiresport.org/virtual-school-games-challenges**](https://www.northamptonshiresport.org/virtual-school-games-challenges)

**Link to view challenge:**

[**https://www.northamptonshiresport.org/virtual-school-games-challenges1**](https://www.northamptonshiresport.org/virtual-school-games-challenges1)

**Try the HOME COURT CHALLENGE!**

***See Mr Pearce’s attempt here, then have a go!*** [**https://www.youtube.com/watch?v=tt57TThev1c**](https://www.youtube.com/watch?v=tt57TThev1c) ****

**To have a go you need to download the app “HomeCourt”, click “Agility” and then Click “Reaction”**

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

**What did you do to improve?**

**Can you try one of the other challenges?**

**If you want, go and try another workout on the Homecourt app. There are soo many to choose from!**

**Research/Written Task:**

**Complete a SMART goal**

**Set yourself a goal to complete using the SMART goals tool:**

|  |
| --- |
| **SPECIFIC (clear end point)** |
| **MEASURABLE (able to track your progress)** |
| **ATTAINABLE (needs to be something that is possible)** |
| **RELEVANT (should be for you, benefit you directly)** |
| **TIME BOUND (need a time frame to complete)** |

**e.g Running 5km in under 25 minutes. This is Specific and Measurable and is also Attainable. It is Relevant because you are actively trying to get into shape. I would just need to say when I want to do it by. So by the end of March. I now have a SMART goal!**

My Goal is:

**Cross Curricular Activities:**

* **Play the game you created in week 4 (See PE lesson Week 4 if unsure)**
* **How could you make it a TEAM game?**

**RECAP: Have you completed all the activities set by Mr Pearce over the last 6 weeks?**

**See below cross off what you have completed, if you have something left to do… just go and do it!**

|  |  |  |
| --- | --- | --- |
| Outdoor Adventurous Activity: | Multi Skill Challenges | Cross Curricular |
| I have been Geocaching  (Week 1 and 2) | **I have Completed a Northamptonshire sport challenge and logged my score**  **(Week 3,4,5,6)** | I have created a new game  (Week 4) |
| I have gone on a Scavenger hunt  (Week 4) | I have done the Speed Stack challenge (Week 3) | **I know what a SMART goal is**  **(Week 3 and 6)** |
| I have marked what I need to do to complete the National Trust Tasks  (Week 5) | **I have done the Home Court Challenge (Week 5 and 6)** | I understand the words TEAMWORK and FORGIVENESS  (Week 1,2,3,4,5,6) |
| I have done the PE at Home OAA Lessons (Week 3 and 6) | I have tried a superhero FUN activity.  (Week 1 and 2) | **I have tried some MATHS ON THE MOVE (Week 3)** |

**EXTRA TIME**

**For those keen for more!**

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**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**

**PA and PE Home Learning- Document in Get active section**

**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**