**PE TOPICS:**

**Net/Wall Development and Hand Invasion Development**

**School Games value focus: Self Belief Gospel value Focus: Courage**

**Health and Wellbeing Focus: Growth Mindset**

***So this half term we will be focusing on the following areas, listed above.***

***Net/Wall development*** *that can link skills to sports such as Tennis, Badminton, Table Tennis and Volleyball.*

***Hand Invasion Development*** *that can link skills to sports such as Handball, Dodgeball, Basketball, Netball, Ultimate Frisbee and Tchoukball.*

***Linking to our school games value focus of Self-belief, Gospel value of Courage and looking to have a growth mindset****.*

***Please try and complete all tasks set below in this week’s PE plan.***

**Physical Activity starter:**

**JUST DANCE!**

**Click the link:** [**https://www.youtube.com/watch?v=gVfgTw\_W\_JY**](https://www.youtube.com/watch?v=gVfgTw_W_JY)

**Type in your favourite song on JUST DANCE. Can you copy the dance moves!? My favourite is WAKA WAKA. What is yours?**



**PE lesson Part 1: Hand Invasion Development: Explore, Practice and Develop in this PE at Home Lesson below:**

**BASKETBALL session 1**



**Cross Curricular: Basketball Worksheet**

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**PE Lesson Part 2: Net/Wall Development:**

**Click the link, watch Mr Pearce’s Videos and have a go yourself!**

**Balloon Play!**

**Video 1: Body Tap up challenge**

**Link:** [**https://www.youtube.com/channel/UCqoFCJR6hInZrArFwgTFYuw**](https://www.youtube.com/channel/UCqoFCJR6hInZrArFwgTFYuw)

**Video 2: Using the Back and Forehand with Racquet hand**

**Link:** [**https://www.youtube.com/channel/UCqoFCJR6hInZrArFwgTFYuw**](https://www.youtube.com/channel/UCqoFCJR6hInZrArFwgTFYuw)

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

**Every week Northamptonshire sport release 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 5**

**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)

**Our school have been in the top 10 in county every week! Keep it up!**

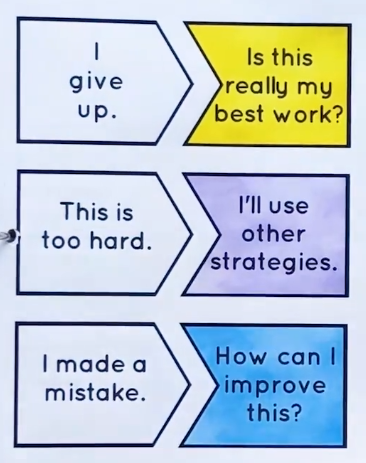
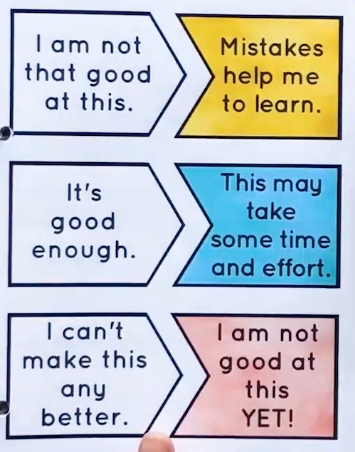
**Research/Written Task:**

**A Growth Mindset**

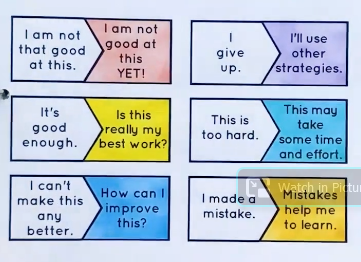
A **growth mindset** is believing in the power of yourself and your brain! We know our intellect and abilities develop when we try difficult things, use the right strategies, and don't give up. So a **growth mindset** is when we know, with practice, we will get better at something

**Can you match the uncoloured statement with a coloured growth mindset statement?**

***E.g I give up- I’ll use other strategies***

**Answers:**



**EXTRA TIME**

**For those keen for more!**

***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 4:**

**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)

**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**