

20 January 2021

Dear Parent/Carer

We seem to be having some issues with the learner emails this week and we are working to resolve these issues as soon as possible.

Some learners don't seem to have received the following message that was sent out on Sunday for the Daily PE Challenges:

Well done to everyone that completed any of the Daily PE challenges last week. There were some fantastic results and all learners that sent in results or got a Top 3 finish in their year have been awarded house points.

Please note - to be able to get 10 extra house points for a Top 3 result in your year group, you have to send a video of your performance. A lot of you are missing out on these extra house points because you are sending in results that put you in the Top 3 but with no video!

For this week, we have planned a daily challenge for each day but we have also created our first PE Department Circuit Training Video for you to follow when you would normally have your Core PE lesson: <https://youtu.be/HhrUF2STWXQ>

Please complete the Circuit Training Video above as well as at least three PE challenges each week and at least one mental challenge. If you want to do more, then that's great.

Every learner that completes a challenge will be rewarded with three house points.

Every learner that completes a challenge and sends in their results with video evidence/screen-shot of their results will be rewarded with five house points.

Every learner that comes in the Top 3 in their year group for any of the challenges will be rewarded with ten house points.

Here are the PE challenges for this week:

Remember, you can either do one each day or you can wait until you are supposed to have your core PE lesson and do them all then.

PE challenge - Monday, 18 January 2021:

Wall Keepy-Uppies Challenge

There are two levels to this challenge:

Wall Keepy Uppies (with a bounce) - <https://youtu.be/EhNbNPWVHZw>

Wall Keepy Uppies (with no bounce) - <https://youtu.be/WcliQ-unMgA>

The challenge is to see how many times you can kick the ball against the wall.

If you do the easier version, the ball can only bounce on the floor once after hitting the wall. See if you can beat Mr Hales' score of 21!

If you do the harder version, the ball cannot bounce on the floor at all after hitting the wall. See if you can beat Mr Hales' score of 17!

PE challenge - Tuesday, 19 January 2021:

Squat Challenge - <https://youtu.be/tZTLYmgFNFo>

The challenge is to complete as many squats as you can in 30 seconds.

See if you can beat Mr Morgan's score of 29 squats in 30 seconds!

PE challenge - Wednesday, 20 January 2021:

Reverse Lunges Challenge - <https://youtu.be/p61ETWhYW2A>

The challenge is to complete as many reverse lunges as you can in 30 seconds.

See if you can beat Mr Sturgess' score of 27 lunges in 30 seconds!

PE challenge - Thursday, 21 January 2021:

Jumping Jacks Challenge - https://youtu.be/tn2X-HsgB_I

The challenge is to complete as many Jumping Jacks as possible in 30 seconds.

See if you can beat Mr Hales' score of 43 in 30 seconds.

PE challenge - Friday, 22 January 2021:

Standing Long Jump Challenge - <https://youtu.be/8ByZz53VNh4>

The challenge is to see how far you can jump from a standing position.

You can have as many attempts as you want.

Mark where you land each time and then measure your best jump to the back of where your foot lands.

See if you can beat Mr Hales' best jump of 1.74m, Mrs Newman's best jump of 1.78m or Mr Morgan's jump of 2.35m!

A Healthy Mind in a Healthy Body

There are three Healthy Mind challenges that you can use this week:

1. Complete a an ABC View Challenge: <https://www.brainbashers.com/abcview.asp>

A logic puzzle with very simple rules and challenging solutions.

Simply complete one puzzle as quickly as possible and email me the time.

2. Complete a Sudoku Challenge: <https://sudoku.com/>

You can choose:

Easy
Medium
Hard
Expert

Simply complete one puzzle as quickly as possible and email me the level and the time.

3. Complete a Tracks Challenge: <https://www.brainbashers.com/tracks.asp>

You can choose:

4 X 4 Puzzle
5 X 5 Puzzle
6 X 6 Puzzle
7 X 7 Puzzle

Simply complete one puzzle as quickly as possible and email me the level and the time.

Please fill in the results table below and email the results to me by the end of the week at the latest:

Challenge	Score
Wall Keepy Uppies	
Squats	
Reverse Lunges	
Jumping Jacks	
Standing Long Jump	
ABC View	
Sudoku	
Daily Tracks	

As well as the challenges above, you can choose to stay active and stay healthy by accessing any of the following:

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-19-13-16-bad> - Les Mills Dance Videos

<https://www.youtube.com/watch?v=zYL6wBljipA> Sasha Corbin, England netballer solo netball challenges.

<https://www.youtube.com/watch?v=qwBFx9wmKNs> Popsugar Fitness: wide range of fitness and dance classes.

<https://www.youtube.com/watch?v=4dPXtS1aUII> Joe Wicks Fitness Workouts.

<https://www.youtube.com/watch?v=ZJvVihqO1NM> Football free-style tricks.

<https://www.youtube.com/watch?v=7kgZnJqzNaU> Yoga for teens.

Sports Films / Documentaries

This week's recommended sports films / documentaries that you can access for further inspiration:

Celebrity Supply Teacher - Series 1: 3. Marcus Rashford - PE (BBC iPlayer)

Some of the biggest names in the UK invite the audience into their homes as they become Celebrity Supply Teachers!

In this episode, Manchester United and England superstar Marcus Rashford delivers a very special PE lesson.

Storyville. Olympic Dreams of Russian Gold - Over the Limit (BBC iPlayer)

A documentary offering unprecedented access to the hidden world of elite gymnasts and the unrelentingly brutal training demanded by the Russian system.

Diego Maradona - Amazon Prime

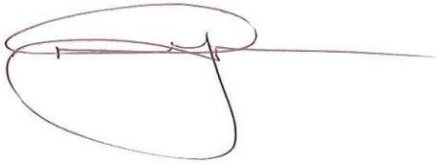
In a city where the devil would have needed bodyguards, Maradona became bigger than God himself. This is the wild and unforgettable story of God-given talent, glory, despair and betrayal, of corruption and ultimately, redemption.

Friday Night Lights - Amazon Prime

This is a stand-up-and-cheer true American story of how one legendary Texas town made hope come alive under the exhilarating glare of Friday Night Lights.

Enjoy!

Yours sincerely

A handwritten signature in black ink, consisting of a large, stylized loop followed by a horizontal line extending to the right.

Mr N Morgan
Head of Physical Education