

P.E Home School Timetable – 6th July-10th July

SCHOOL GAMES STAR JUMP CHALLENGE

Stand in a space and try to do as many star jumps as you can. Each star jump = 1 point. Remember to keep straight arms and legs.

To enter the school games competition for Cannock & Rugeley and represent your school please send any pictures / videos of children attempting the Skipping Challenge to trowell@suacademy.co.uk with the child's first name, school year group, school and their highest score. Entries must be received by Friday 10th July at 3.00pm. Good luck!

Staffordshire and Stoke Virtual School Games

Our County Virtual School Games competitions are now open. These are virtual competitions across the county that children can enter individually to represent their school as part of a team. The individuals with the highest scores will represent their schools and be judged against other schools to be county champions! All entries are welcome and all children will receive a certificate for taking part.

Sport4All & Duathlon

Sport4All and Duathlon Competitions for all children is KS1 and KS2 are still open. Please follow the links below to learn more about the competitions and how to enter. Closing date for these competitions is Friday 10th July.

KS1 Sport4All

<https://docs.google.com/forms/d/1x2VK4Ikcg6dLf2hfvB6e9z1avnNUS6BKz1Zc48zNmUU/edit>

KS2 Sport4All

<https://docs.google.com/forms/d/1zZtcMCKtiBpS4jb0RzDAVsb438wMtUhwERj4yk1n9dE/edit>

Duathlon

<https://docs.google.com/forms/d/1gPgMhgoE3LCLvq5yQCAWLXmt8Uy0NOmOr9PbF52VSGY/edit>

Please keep up to date on school games events and competitions by following us on Facebook – Staffordshire University Academy School Games

<https://www.facebook.com/Staffordshire-University-Academy-School-Games-110748340621261/>

Or @StaffordshireU5 on Twitter

School Games Active Championship

The School Games Active Championships is a national activity campaign to help young people across the UK to #StayInWorkOut using the video-based platform powered by TopYa! New challenges will be available every Monday, Wednesday and Friday to engage with.

Primary and secondary-aged children can join the School Games Active Championships at any time with free active challenges being set via videos within a designated School Games version of the TopYa! Active app.

All they need to do is download the app, register as a player and type in the Invite Code 23880.

Children practice the challenges, then submit their best video using a mobile device to receive personal coaching feedback from the TopYa! team of experienced virtual coaches. Points are earned for each video submitted, leading to climbing leaderboards and winning prizes!

The TopYa! Active app is committed to online safety and meets rigorous COPPA and GDPR safeguarding standards. No one can communicate within the app.

All children can do to communicate with one another is give each other a virtual 'high-five', which functions like a social media 'like'.

Video content is suitable for young people of all ages and abilities, with regular submissions from National Governing Bodies of Sport.

Please see the link below for more information and to sign up.

<https://www.yourschoolgames.com/coronavirus-support/school-games-active-championships/>

Extra Sports Activities

P.E with Joe Wicks - <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

P.E Activity Challenges - <http://www.activitychallenge.co.uk/how-to-take-the-challenge>

Learn to Juggle - <https://www.youtube.com/watch?v=dCYDZDlcO6g&t=559s>

Dance School - <https://www.youtube.com/user/saskiasdansschool?app=desktop>

Youth Sport Trust Sports Challenges - <https://www.youthsporttrust.org/60-second-physical-activity-challenges>