**Week 2 beginning 08.06.20 PE Sycamore Class**

As we are not able to hold Sports Day this Term we decided each week we could practise technique and then perform each activity.

**Jumping for Distance:**

**W/up:** jump on the spot for 20 bounces, 10 x Star Jumps, hop on the spot for 5-10s,

**M/Activity:** Hop scotch (you can make this using chalk, tape or even sticks), focus on balancing on one leg and then the other, to challenge yourself you can hold the balance for the count of three. If it is too challenging land in each square with two feet. <https://www.youtube.com/watch?v=fZzswQaICfM>

Mark out a cross on the ground with string, tape, chalk or sticks and jump forward, sideways, backwards around the cross. See how many times you can do this in 1 minute. Try again and see if you can beat your score.

Mark a line on the ground – now try these different types of jump and mark where you land.

1. Frog jump – crouch down and spring forward as far as you can.
2. Grasshopper jump – jump from two feet to two feet, make sure you swing your arms and bend your knees
3. Tigger – hop from one foot and land on the same foot if you can
4. Kangaroo – do lots of small jumps but measure your first landing

Which jump was the best one? Do the jump again and see if you can beat your first jump.

Less challenging: how far can you get doing one big step, 3 hops, 3 small jumps landing with two feet next to each other.

Equipment: Tape measure, markers, score sheet

You can record your distance and send it to Mr Gardner on the school email and so that we can collate the results and let you know how you did.

Alternative Session for:

w/up – beam and Sherborne

Sherborne warm up –

Greeting: Clap hands, tap knees, stomp feet, call name.

Self – Squeeze Shoulders, run hands and rub hands and wiggle fingers and then, pulling on each finger. Move hands from side to side slowly and then wave. windscreen wiper feet, in and out feet, pointy toes, naughty toes.

Core – legs in the air, arms in the air, both in the air, rock, spin. Go on hands and knees, crawl or put pressure on hands and knees.

Share: back to back – side to side, forward and backward. Facing – row your boat, on knees and push against each other.

Heads, shoulders knees and toes.

Main: 1. Roll a ball to a partner 2. Roll a ball at a target 3. Roll a ball down a ramp 4. Push a gym ball. 5. Release a small ball 6. Feel a different textured ball on arms and legs 7. Roll on and under a gym ball 8. Stop a ball rolled.