

<u>Multi-sport Monday</u>	<u>Topic Tuesday</u>	<u>Wacky Wednesday</u>	<u>Thoughtful Thursday</u>	<u>Just for Fun Friday</u>
<p><u>Throwing for accuracy</u></p> <p>Using the link below to #thisisPE to play.</p> <p><u>You will need:</u></p> <ul style="list-style-type: none"> • Something to use as a ball like a soft toy or a pair of socks, or a small ball if you have one • Some items to aim at, such as boxes and baskets <p>https://www.youtube.com/watch?v=tHRvquNKf1Q&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=4</p>	<p><u>Gymnastics</u> Horizontal climbing wall! We are going to be using your core strength in this activity.</p> <p><u>You will need</u></p> <ul style="list-style-type: none"> • small items to lay on the ground such as socks, gloves, playing cards etc <p>Follow the link below to show you how to play. Remember to send some photos to: pe@forestlodgeacademy.co.uk</p> <p>https://www.youtube.com/watch?v=tHRvquNKf1Q&list=PLYGRaluWWTojV3An2WEgsQ4qGFy_91jDL&index=4</p>	<p><u>Messy Bedrooms</u></p> <p><u>You will need</u></p> <ul style="list-style-type: none"> • Something to lay down as a line to split the space in half. • Rolled up socks <p>This game is for 2 or more players, you can challenge a sibling or your parent.</p> <p>Split your playing area in half, and have an equal amount of socks on each side of the line. Set a timer. (Start with 2 or 3 minutes) The object of the game is to throw the items from your side to the opposite side. The player with the least amount left on their side, wins! Why not challenge yourself and lower your time each time you play. Here's a video if you want to watch how to play.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>https://www.youtube.com/watch?v=WEL38TNCAoc</p> </div>	<p>Can you make up your own PE game?</p> <p>It can be based on any topic but must practice a skill.</p> <p>Try to make it competitive and interesting, it can be a game that we could do in PE or one that you can play at home with your family.</p> <p>I'd love to see your ideas!</p> <p>If you can, send them to: PE@forestlodgeacademy.co.uk</p>	<div style="text-align: center;">  </div> <p>https://www.youtube.com/watch?v=gofB5SyLJd4</p> <p>Have a go at playing human bop it, a favourite of ours in class and a quick fun activity in PE.</p> <p>Don't forget to send me some pictures or videos to PE@forestlodgeacademy.co.uk</p>