

## **Message from our PE Team - Nike Training App Challenge**

During lockdown it is so important that we keep active for our mental wellbeing and our physical wellbeing.

This term, along with completing their online learning on the 11 components of fitness, pupils are going to be challenged to follow our Nike Training App Challenges each week (see information on the following pages).

They will be set a challenge to do for every PE lesson they would usually have.

Parents/ guardians/ brothers and sisters, we are asking you to join in too! At the end of the week, we would like you to sign off the weekly activity achieved.

### **Pupil Prizes**

Please send in your activity log every Monday to your teacher to enter yourself into the prize draw. If you do not have access to the app, your teacher will be writing out the activities on SMH and you can submit your activity on SMH or a picture of your activity in your pink books.

The most active pupils in each class will go into a draw.

There will be a prize sent home for the most active girl and boy in each year group.

GOOD LUCK!

Miss Monsurate



# Physical Education

ACTIVITY LOG

## 6-Week Physical Activity Log

Use this activity log to track your physical activity.

Have an adult sign their initials at the end of the week.

### WHAT TO DO

- To complete your online PE homework this term you will need to download the 'Nike Training App' from your computer, tablet or phone.
- Do not worry if you do not have access as your teacher will write out the task that you will be asked to do on the app.



- Your teacher will be setting you two practical tasks per week on the 'Nike Training App'. Each week we will be looking at different components of fitness or a different body part

Week 1	Cardiovascular fitness
Week 2	Muscular endurance arms
Week 3	Muscular Endurance legs
Week 4	Muscular Endurance abdominals
Week 5	Speed

- You will need to do 2 practical sessions per week, when your usual lessons are scheduled. You could do these at the same time as your friends!
- At the end of the week ask your parent to sign their Initials on your log and send it to your teacher. If you don't have a computer you can write it in your pink books and let your teacher know what sessions you did via show my homework.



# Physical Education

## ACTIVITY LOG

### **EXTENSION HOMEWORK**

- Each week your teachers will set extension 'extra' sessions on the 'Nike Training App' to complete in the week if you can fit them in. #
- We would also like you to log any walking or dancing you might do at home. It all contributes to keeping you active!!

### **PRIZES**

- The most active pupils each week will go into a draw - there will be a PE prize for the most active boy and girl in each year group.

### EXAMPLE OF 1 WEEK

Day	Activity 1	EXTENSION Activity 2	EXTENSION Activity 3	Total
Sample Day	Nike Training App	Walk with Family 15 Mins	Dance Challenge 15 minutes	Minutes
Day 1 (11th Jan)	Ultimate cardio burn with Kirsty Godso			34 minutes
Day 2				
Day 3		15 minute walk with parent/guardian		15 minutes
Day 4				
Day 5	Full body cardio crush with Kirsty Godso			33 minutes
Day 6				
Day 7			learnt a tik tok dance	30 minutes

Signed Pupil \_\_\_\_\_ J M \_\_\_\_\_

Signed Parent \_\_\_\_\_ A M \_\_\_\_\_