

Remote Learning – PE Week 7

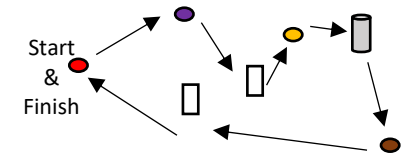


This week the focus is on controlling an object and sending for accuracy

The lessons for the next few weeks will be written with the Sussex Virtual Winter Games in mind, <https://www.activesussex.org/virtual/>

Suggestion: Again, you may want to have a go at the challenges before you work through these activities. Hopefully you will improve...

1. Pre-warm up/ loosen up	<ul style="list-style-type: none"> Decide on where you are going to have a go at these challenges and what equipment you need: a selection of items to use as a puck; a selection of items to control/ strike the puck with; 1 goal target (a tin); 4 markers in total for the slalom course; 2 sheets of A4 paper.
2. Warm up	<ul style="list-style-type: none"> Move in lots of different ways. Remember to include walking; jogging; skipping; jumping; side-stepping; galloping. How else can you move? Can you feel any changes? What happens to your breathing? Your heart rate? Do you feel any warmer? Now try moving around with the striking implement/ brush and puck, try the different implements you have chosen. Which do you find easiest?
3. Control and move	<ul style="list-style-type: none"> Using your markers, can you move round a set course without the puck but keeping your “brush” on the floor? Can you move in all different directions? Can you “push” the brush round the course? Can you stand sideways on and “pull” the brush round the course? Make sure you don’t touch the markers Now repeat this using the puck Make sure your implement stays in contact with the puck at all times Try the different pucks and implements if you have them You can also try using your hands and feet to move the puck Success is keeping control of the implement and puck as you navigate through the course Now you have mastered control of the puck, have a go at the Ice Hockey Switch challenge
4. Curling Sweep	<ul style="list-style-type: none"> Straighten up the markers so make the course for the Curling Sweep challenge Have a go at the course remembering to stand sideways on and to keep your “brush” on the ground You need to “push and pull” the brush in and out of the markers Have a go at the Curling Sweep Challenge
5. Can you hit it?	<ul style="list-style-type: none"> Now the aim is to strike/ throw the puck accurately, you need to think about the direction and also how hard you want to strike/ throw the puck Spread your 4 markers out again and add in the target tin and the 2 pieces of A4. They can all be differing distances apart Can you work your way through the course? However, you must hit the marker/ target before you can move on. How many throws can you get round the course in? Have a go at this both striking with an implement and also rolling the puck/ ball



Now have a go at the Ice Hockey Shoot-Out and Curling Target Practice Challenges