

Hello everyone,

Summer Term, Week 2, May 6th, 2020

It's Mr. Fisher here. I hope you're all keeping well! We're back again for some more PE and physical activity ideas that you can do at home. Off we go!

1. Cambridgeshire and Peterborough Virtual School Games



At the moment, the [Cambridge Schools Sports Partnership \(CSSP\)](#) is running a **Virtual School Games** and this week the theme is tennis! There are various challenges to complete this week, including Floor Tennis, Pirate Catch, Switch Catch, High Five Rallies, playing a mini-match and a freestyle challenge. If you don't have a tennis racket and ball at home, don't worry! You can use alternative equipment such as a balloon, a pair of socks, or a crumpled up piece of paper as a ball, and a plastic plate or frying pan as a tennis racket. Alongside each activity challenge, there are research activities to do such as designing your own Wimbledon towel, or researching your favourite tennis player.



Submit your family videos and photos to [Living Sport](#) and CSSP if you would like to, mentioning Shirley Primary School, via facebook, twitter or email. The links are included in their Tennis Timetable (attached below) alongside all the daily activities. The School will reward your family and our school with 10 points for every photo or video sent in. This week's deadline is at 5pm on Friday, 8th May.

2. The Daily Mile at Home and the Two Point Six Challenge



For the next 260 hours the [Daily Mile at Home](#) is linking with The 2.6 Challenge. Therefore, this week's Daily Mile challenge involves the numbers 2 and 6. Challenges include doing 26 sit-ups, 26 hula hoops, sprinting on the spot for 26 seconds (or 62 seconds if you are feeling energetic!). Check out their website for more 2.6 activity ideas and, if you would like to, you can raise money for the Two Point Six Challenge while doing them! (See twopointsixchallenge.co.uk for more information).



3. Kwik Cricket Challenges with Cambridgeshire Cricket's Chance to Shine

[Chance to Shine](#) is running weekly cricket challenges for children to practice whilst learning at home. This week's challenge cards show us how to strike the ball effectively using correct footwork and hand-eye coordination. Again, if you don't have cricket gear at home, then you could use rolled up socks for a ball, a frying pan or racquet for a bat, and a bottle top or toilet roll tube for a batting tee. Any object will do for markers. In fact, you can find all [Cambridgeshire Cricket's weekly cricket challenges](#), including how to throw and catch, bowl, strike and field, by checking out the videos on their website – just follow the links above! And remember, if you don't need a cricket bat and ball, be creative with whatever resources you have at home!



4. Skipping with Dan the Skipping Man



We know that skipping has many health benefits, including increased leg strength as well as stamina, agility and coordination, to name but a few. Why not have a go at home? [Dan the Skipping Man](#) visits lots of schools in the Cambridgeshire area to promote the benefits of skipping as a daily practice and you can follow tutorials and challenges on his Youtube channel (above). Some of these include 'speed-skipping', the 'crossover', the 'pretzel', how to do the 'double-bounce', as well as basic skipping techniques!

That's about all for now everyone. We hope you have fun trying some of these activities! Signing off for now, Mr Fisher.