



Stockport Academy
The best in everyone™
Part of United Learning

Welcome to Stockport Academy PE Department!



The PE Team



Mr McGahey - Head of PE



Miss Jackson - Second in PE



Mr Hargreaves - Teacher of PE



Miss Foster - Teacher of PE

We look forward to meeting you!

We would like to get to know you

What is your name

Hello
my name is

What sports do you enjoy?



What sports do you not enjoy at the moment?

What sports if any, would you love to try?



What sports do you currently play?



What is your personal favourite sporting moment? Please describe it to us. (It can be one you have participated in or one you have watched or attended)



Who is your sporting hero and why?



PE Challenges

During May half term, Stockport Academy students will be taking part in some home challenges and we would love you to join in too! There are three sections of challenges. The first, **as many as you can in 30 seconds**, the second, **personal best - the best score you can achieve** and the third, **challenge 50 - complete 50 of each of the exercises**.

You don't have to complete every one if you don't want to.

Section 1: 30 second challenge!

Challenge 1: Speed bounce

Using any object which is safe to use (examples: a shoe, a toilet roll, a folded up jumper), start on one side and jump over the object and back, continuously, as quick as you can in 30 seconds.

Number of speed bounce completed in 30 seconds.



Scores

1:

2:

3:

Personal Best:

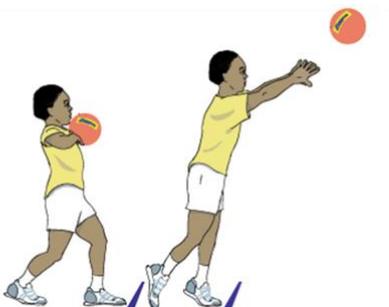
Challenge 2: Chest push

Stand at least 5 big strides away from a wall. Using a ball, you must push the ball (chest pass) against the wall and catch it again, as many times as you can in 30 seconds.

Number of Chest pushes completed in 30 seconds.

One point for every successful throw and catch. **(not 1 point per throw and 1 point per catch)**

PUSH



Scores

1:

2:

3:

Personal Best:

Challenge 3: High Knees

Standing on the spot, arms out at hip level or above. Complete as many high knees as you can in 30 seconds (thighs must touch the palms/forearm to count)

Number of high knees completed in 30 seconds.



Scores

1:

2:

3:

Personal Best:

Challenge 4: Sit ups

Complete as many full sit ups as you can in 30 seconds. (Full sit ups, not crunches)

Number of sit ups completed in 30 seconds.



Scores

1:

2:

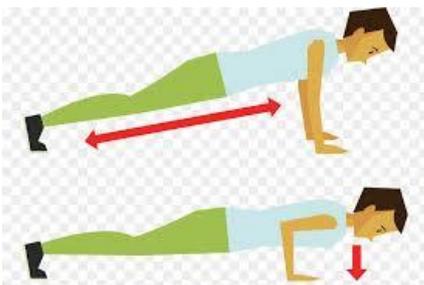
3:

Personal Best:

Challenge 5: Press ups

Complete as many press ups as you can in 30 seconds (you can be on your knees or complete a full press up). Your chest should go approximately 5cm from the ground on the down phase.

Count how many press ups you can complete in 30 seconds.



Scores

1:

2:

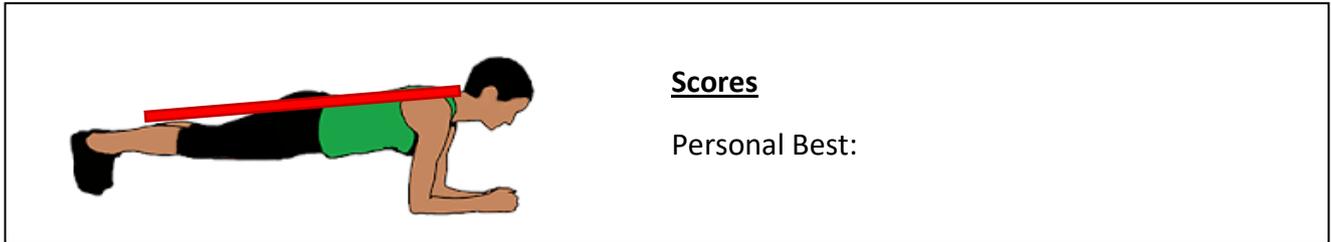
3:

Personal Best:

Section 2: Personal best

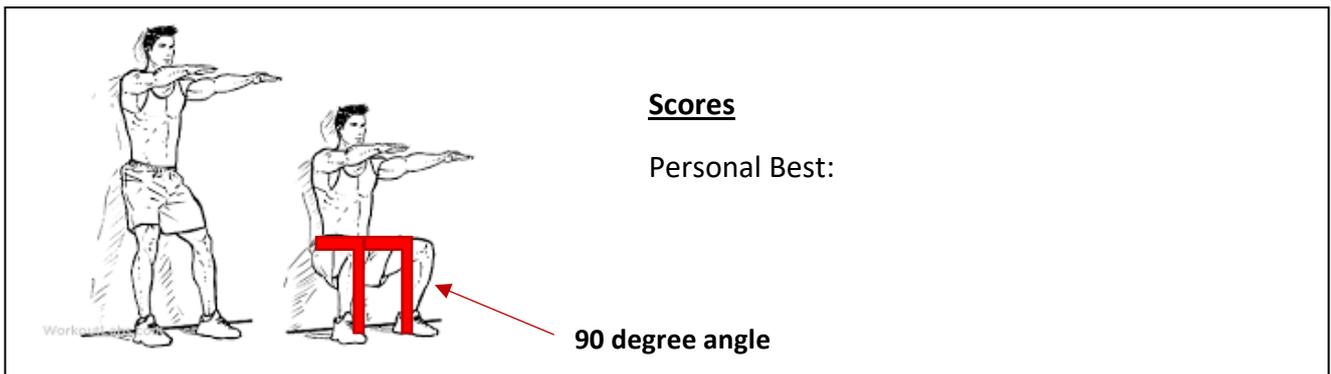
Challenge 6: Plank

Complete a plank for as long as you can. Try and keep straight as shown in the picture.



Challenge 7: Wall sit

Complete a wall sit for as long as you can (knees must be kept at a 90 degree angle - as shown in the picture)



Challenge 8: Arch hold

Complete an arch hold for as long as you can (feet and arms should be raised of the floor.)



Stockport Academy Challenge 50



If you fancy a challenge this half term, get involved with the 'Stockport Academy Challenge 50'. As you may have guessed, this involves completing 50 of the exercises/movements below.

We would love to see pictures of you and your family or friends completing the Challenge 50. Please tweet any pictures to our PE twitter @PE_sptacademy with the hashtag #Challenge50

Exercises/Movements

1. Sit ups



2. Press ups



Challenge complete: Yes / No

Challenge complete: Yes / No

3. Mountain climbers



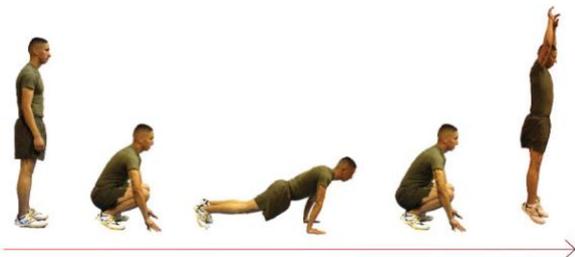
4. Squats



Challenge complete: Yes / No

Challenge complete: Yes / No

5. Burpees



6. Skips (with a skipping rope)



Challenge complete: Yes / No

Challenge complete: Yes / No

7. Step ups (on a step or stairs)



8. Star jumps



Challenge complete: Yes / No

Challenge complete: Yes / No

Design a logo

Ahead of the new season, design a new badge for a sports club of your choice. You can make a team up if you would like.

Some current logo's:



Plan a Sports trip

Imagine you are the manager of a professional sports team. You have been asked to plan a pre season training camp of your choice.

You should consider:

- Who is going on the trip? (what team? What people?)
- Where will you go? (Examples: America: Los Angeles, San Francisco, New York, Brazil: Rio de Janeiro, Africa: Nigeria, South Africa)
- What will they do? (Eg. Visit stadium, do some excursion - examples: Empire State Building, Statue of Liberty etc)
- Who will they play fixtures against? (Tournament with different teams - what teams)
- How much will it cost? (approximately - flight cost, hotel cost, trips and visits, food costs for the trip)

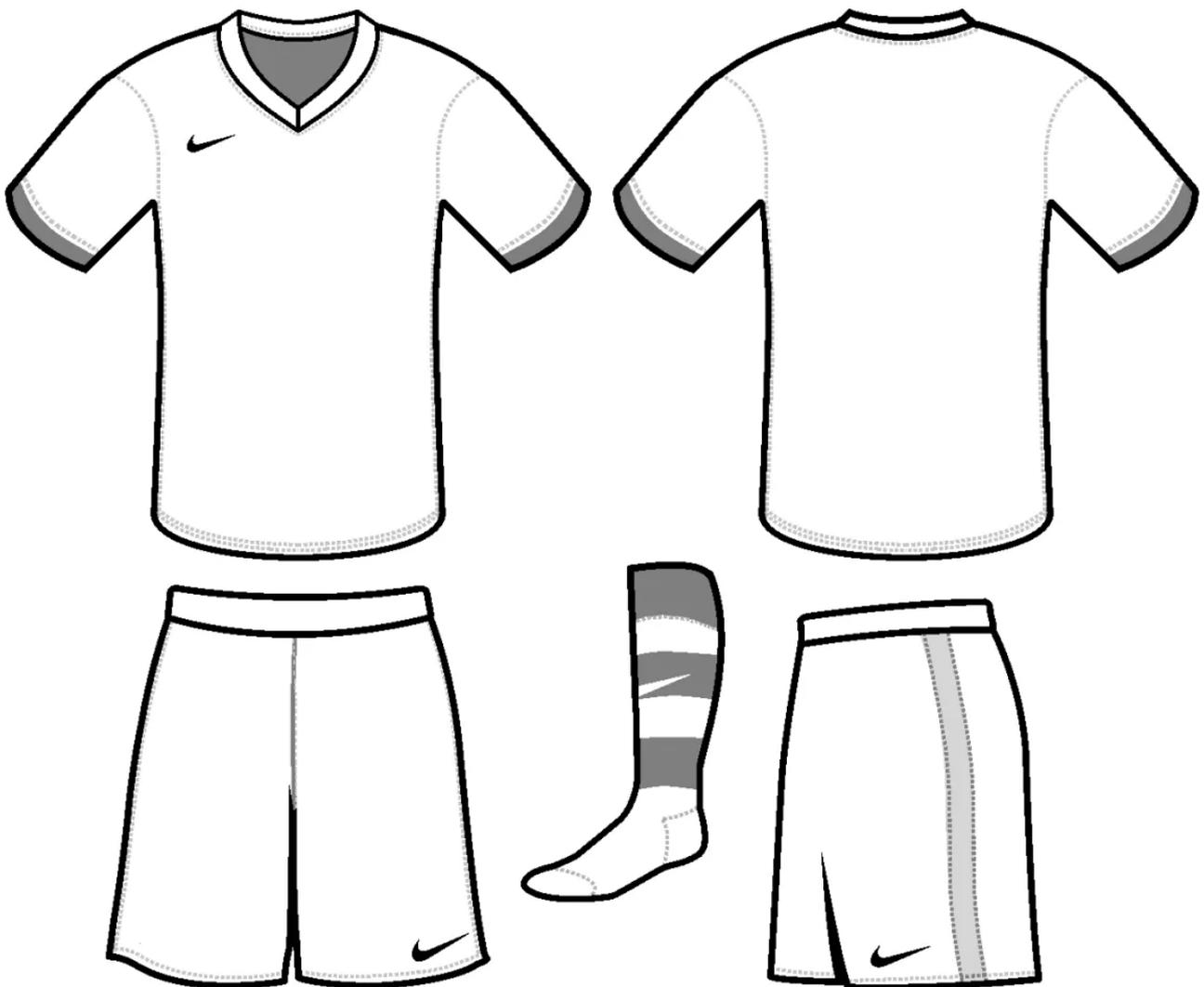
You may need to complete some research to help plan your trip. Don't worry if you can't.

My sports trip

Design a Sports trip

Design a sports kit for a team of your choice. There are two templates below - alternatively, create your own.

Sports kit design:



Sports dress design:



Design a new game

You have been asked to design a new game.

You should consider:

- What is the name of your game?
- What are the rules of your game?
- How is the game played?
- How many players are involved?
- How does a team score points?
- How does a team win or lose?

When complete, feel free to send back to Miss Jackson
gemma.jackson@stockport-academy.org - see you soon!