

PE activities and challenges whilst you're at home

It is important to remember that keeping physically healthy is very important, especially when you have to stay at home without being able to run around on the playground or play lots of fun games with your friends, but there are lots of things that you can do to keep healthy and have fun at the same time, below are just some activities I have thought of for you! I hope you enjoy taking part in some or all of them over the next few weeks. Enjoy!

Mrs Preston

Amaven

You should all have an Amaven log-on (these should have been sent out in the last week of school on a separate piece of paper). There are loads of activities on here which are personalised to you.

Youtube—skills and tricks

Search for 'Skills and Tricks Accelerate Learning Services' to view lots and lots of videos of activities and skills to try and master. Some skills require equipment, others do not, there are also some 'personal challenges' for you to test yourself to try and get better each time!

Cosmic Yoga

If you search YouTube for 'cosmic kids yoga' there are lots and lots of videos, based on children's stories or characters that are between 10 and 30 minutes in length. The different movements and actions provide a relaxing workout for children (and adults too!!)

Just lying down and looking up at the sky is a simple way of relaxing your body and mind!

Go Noodle

Search youtube for 'Go Noodle' or go to www.gonoodle.com for fun activity videos for the children to copy. All are repetitive and very catchy (trust me!!) but are a good workout too or a small break from any other learning children are doing.

Assault courses

Can you make a running course in your garden? Or an activity circuit where you have to use different movements and different skills to complete it?

As long as it is safe, move some garden furniture around to create a track where you can run, jump and balance to complete it.

Can you then complete it whilst doing different things—dribbling a football, throwing or bouncing a ball—challenge yourself!

Use the toys and equipment that you already have to make new games and challenge yourself or people in your household to different tasks.

If you get chance to take photos or videos, please feel free if you wish to send them to your teachers on class dojo and we will try and put them on our Twitter pages.

(Please let us know if you don't want these to be put on Twitter)

Joe Wicks

Everyday at 9am, Joe Wicks is posting a workout video on his You Tube page. It's great fun for all of the family and works up quite a sweat!

This BBC website has a range of different ideas for Physical Activities here: <https://www.bbc.co.uk/bitesize/subjects/z2hs34j> including dance activities, balance and basic skills practise. Great for KS1 children.

#HaveFun
#StaySafe
#WeLovePE