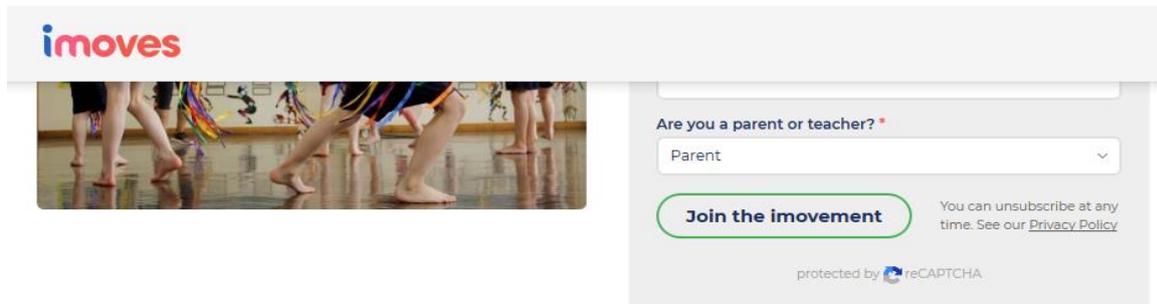


Physical Education

It is important to stay as active as possible. Here are a number of different activities you can do at home to challenge yourself and keep fit.

- **PE with Joe Wicks:** Live 30-minute workout sessions every morning at 9am on YouTube via 'The Body Coach TV'. If you miss it, you can go back and watch all the workouts he has already done so far. Find it via the following link:
<https://www.youtube.com/user/thebodycoach1>
- **IMoves Dance** – Free resources and interactive videos available. Fun, active learning resources that change daily and more! Every parent can sign up for their children to get FREE access to Imovement from home.

Parents need to go to [join.theimovement.com](https://www.theimovement.com) and fill out their name and an email address and click that they are a parent in the drop-down box. Imoves will then email different resources and videos to you for the children to complete at home.



Being Active at Home Activities (See attached posters)

1. Play games with your child, helping them to understand that there are rules that everyone agrees to so that the game can be shared and is fun.
2. Do some balancing and stretching exercises together. Have a challenge to see who can do the funniest balance on one leg/scrunch up to be the smallest/stretch out to be the tallest.
3. Keep the balloon up in the air together, taking turns to hit it back and forwards using hands, feet or heads.
4. Set up an obstacle course in the garden/sitting room/hallway.
5. Have races in the house against each other, balancing cushions on your head, hopping from one room to another without touching certain colours of the carpet or parts of the floor.
6. In the garden, teach your child how to skip with a single rope, and then how to skip with a rope held by other members of the family.
7. In the garden have an 'Olympic/Commonwealth games' competition with your child, featuring different events like long-jump, high jump, sprinting, the marathon race – things you can do in the garden.
8. Playing in the house, teach your child to 'hula-hoop' and count the number of rotations that can be accomplished.

BEING ACTIVE AT HOME

Stuck in the house? No worries! If you have a device with access to the internet, then these awesome activities can keep you entertained for hours! Remember to ask your adult's permission before using the internet. Or even better, ask your adults to join in with you!

JUST DANCE

WHO DOESN'T LOVE TO DANCE TO THEIR FAVOURITE MUSIC? JUST DANCE IS A FANTASTIC WAY TO PLAY GAMES WHILST EXERCISING! IF YOU DON'T HAVE ACCESS TO THE GAME ITSELF, GO ONTO YOUTUBE AND TYPE IN 'JUST DANCE FOR KIDS' AND LOOOOOOOOADS OF VIDEOS COME UP. SIMPLY SELECT YOUR FAVOURITE AND MIRROR THE CHARACTERS ON THE SCREEN! SINGING NOT ESSENTIAL BUT CERTAINLY RECOMMENDED!

MOVEMENT POWERS CHANGE!
GONOODLE ENGAGES 14 MILLION KIDS EVERY MONTH WITH MOVEMENT AND MINDFULNESS VIDEOS AND IT IS AVAILABLE FOR FREE AT SCHOOL, HOME, AND EVERYWHERE KIDS ARE! THERE'S A RANGE OF WORKOUT VIDEOS, DANCE VIDEOS AND SOME WILL GET YOUR BRAIN WORKING!

WWW.GONOODLE.COM

GoNoodle



COSMIC KIDS!

Welcome to Cosmic Kids, your place for stories, yoga and fun

ONE OF OUR SCHOOL'S FAVOURITE ACTIVITIES WHICH HELPS OUR STRENGTH, FLEXIBILITY AND MINDFULNESS! COSMIC KIDS TELLS STORIES IN A FUN INTERACTIVE WAY THROUGH YOGA AND RELAXATION! SIMPLY HEAD TO THE WEBSITE ON YOUTUBE 'COSMIC KIDS YOGA' AND SELECT THE VIDEO YOU WANT! THERE'S SHORTER VIDEOS, LONGER VIDEOS AND DIFFERENT VIDEOS FOR ALL AGES! NAMASTE.

WWW.COSMICKIDS.COM



SUPER MOVERS IS HELPING CHILDREN ACROSS THE UK TO GET PHYSICALLY ACTIVE WITH VIDEOS WHICH HELP YOU LEARN LITERACY AND MATHS WHILST HAVING FUN AT THE SAME TIME! THE BBC PAIRED UP WITH THE FOOTBALL PREMIER LEAGUE TO BRING YOU THESE FUN ACTIVITIES FOR CHILDREN OF ALL AGES! THERE'S SOMETHING FOR YEARS 1 ALL THE WAY UP TO YEAR 6!

WWW.BBC.CO.UK/TEACH/SUPERMOVERS

BEING ACTIVE AT HOME



Make sure you spend plenty of time without looking at a screen. Find a way to entertain yourself in a safe and sensible way. Stuck for ideas? Why not give some of these activities a go! Make sure you ask your adults before playing. They may want to join in too!



BALLOON VOLLEYBALL

ALL YOU NEED IS A BALLOON! SELECT AN OBSTACLE TO TAP THE BALLOON OVER (SOFA, CHAIR, STACK OF DVDS, CUSHIONS, THAT PILE OF CLOTHES YOU SHOULD HAVE ALREADY PUT AWAY). IF IT HITS THE FLOOR ON YOURS OR YOUR TEAM'S SIDE, THE OTHER SIDE WIN A POINT.

HAVE AS MANY TAPS AS YOU NEED TO GET IT OVER THE OBSTACLE, JUST REMEMBER YOU'RE NOT ALLOWED TO CATCH IT.

CHANGE IT UP. MAKE SOME NEW RULES, TRY IT SITTING DOWN. SEE HOW BIG OF A RALLY YOU AND THE OTHER PLAYERS CAN GET TOGETHER (OR BY YOURSELF!)

CATCH 10

FIND A LIGHT OBJECT WHICH YOU CAN TOSS AND CATCH TO YOURSELF (SMALL BALL, BEAN BAG, TEDDY, THE SMELLY SOCKS YOU'RE WEARING). LIKE A VIDEO GAME, SEE IF YOU CAN UNLOCK EACH LEVEL AND ACHIEVE LEVEL 10! PERFORM EACH TASK 5 TIMES BEFORE MOVING ON TO THE NEXT LEVEL!

COMPLETED IT? CREATE YOUR OWN LEVELS AND CHALLENGE YOURSELF AND SOMEONE ELSE!

- 1: TOSS UP AND CATCH
- 2: TOSS UP, CLAP AND CATCH
- 3: TOSS UP, CLAP, CLAP AND CATCH
- 4: TOSS UP, TOUCH SHOULDER AND CATCH
- 5: TOSS UP, TOUCH KNEES AND CATCH

- 6: TOSS UP, TOUCH SHOULDERS THEN KNEES AND CATCH
- 7: TOSS UP, TOUCH FLOOR AND CATCH
- 8: TOSS UP, SPIN AROUND AND CATCH
- 9: TOSS UP, CLAP IN FRONT OF YOU AND BEHIND YOU AND CATCH
- 10: TOSS UP, 5 CLAPS AND CATCH



TARGET PRACTICE

FIND A SAFE SPACE AND COLLECT YOUR TARGETS (TEDDIES, EMPTY BOTTLES, SHOES, DVD CASES ETC).

FIND A SOFT OBJECT YOU CAN UNDERARM THROW (BALL, A TEDDY, ROLLED UP SOCKS)

SELECT A POSITION TO STAND AND PUT YOUR TARGETS OPPOSITE YOU (CLOSER FOR EASIER, FURTHER AWAY FOR A HARDER CHALLENGE)

USE AN UNDERARM THROW AND AIM FOR A DIRECT HIT. IF YOU HIT YOUR TARGET, BRING IT BACK TO YOUR STARTING POSITION.

DON'T STOP UNTIL YOU'VE COLLECTED ALL OF YOUR TARGETS!