



## PE ideas for keeping your children active.

During these extraordinary times it is still very important that all children remain physically active. Exercise is important for both their physical and mental wellbeing. We appreciate it is difficult in the current circumstances however exercise can be as simple as taking a family walk or a short bike ride. It could also be a fun indoor activity such as an online yoga activity or a just dance video.

We will continue to post PE lesson activities each week but below are some ideas for you to do on non PE days.

- The Joe Wicks physical activity sessions are back, this time 3 x a week at 9am on Mondays, Wednesdays and Fridays. You can find them on his "Bodycoach" Youtube channel and they are particularly good for children of all ages and adults alike for working at a medium to high intensity for 20 - 30mins: <https://www.youtube.com/channel/UCAxW1XT0iEJoOTYIRfn6rYQ>
- Marcus Rashford has also posted some PE lessons on BBC bitesize. These can be found at <https://www.bbc.co.uk/programmes/m000jycy>
- Cosmic Kids Yoga is another option for YouTube based physical activity as well mindfulness training - this is more of a low-medium intensity activity and particularly good for Reception/KS1 and lower KS2 with yoga moves put to a story or theme to make it more engaging: <https://www.youtube.com/user/CosmicKidsYoga>
- Just dance is a very good workout. You may have the game for a console or you can access many dances on Youtube.
- The Change 4 Life pages are also very good for all round advice and ideas for maintaining a healthy lifestyle - games, recipes, activities and information about healthy living. The 10minute Shake Up games are great for finding something fun to do as a break in your on-line learning and working towards your 60 Active Minutes: <https://www.nhs.uk/change4life>
- Playing Boccia (some of you may have a boules set that you use on the beach so perhaps you could use this indoors or in the garden) if not you could create your own balls using rolled up socks or paper. Maybe you could have a family tournament.
- Go Noodle is worth a visit for some energising dance videos to follow and dance to, with the Blazer Fresh crew being particularly fun and not needing much space: <https://family.gonoodle.com/>

### **Remember:**

- A grown up should be with you when you do your home PE (maybe they could join in!)
- The activities should take place in a space big enough for you to move around safely (preferably outside where possible), and including above your head!
- Ensure your space is safe for you to exercise in - make sure there is nothing you could fall over or into nearby and hurt yourself.
- Use non slip trainers on your feet
- Make sure the floor is not slippery and doesn't have anything sharp lying on it
- Wear comfortable clothing, and put hair up (if needed) and remove any jewellery/ watches etc.

Most of all exercise should be fun. We look forward to hearing about your activities and maybe you could send us a “Healthy Selfie” on Class Dojo so we can see how you are getting on.

Stay safe and active everyone!!