



Year Group: KS1

Week Beginning: Monday 4<sup>th</sup> May 2020

Subject: Physical Activity

It is vital to stay active during the lockdown period - both for your physical and mental wellbeing.

Daily activity is advised as long as it is in line with government guidelines. This could include leaving your house once a day with family who live in your household to go on a run, a cycle, or a walk. If you have access to outdoor space you can play active games outdoors. You could do yoga, gymnastics, dancing, martial arts indoors or outdoors to keep your body active.

Here are a few suggestions of what you and your family could do this week to stay active:

1.	<u>Disney Wake Up Shake Up</u> Try one of these incredible Disney Wake Up Shake Up activities. <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a>
2.	Go on a Yoga Adventure! Choose a video to try; options include Frozen, Spiderman, We're going on a bear hunt... and so many more. <a href="https://www.youtube.com/results?search_query=cosmic+kids+yoga+adventure">https://www.youtube.com/results?search_query=cosmic+kids+yoga+adventure</a>
3.	Tune in to our favourite Lockdown P.E teacher and Get Fit with Joe Wicks <a href="https://twitter.com/thebodycoach">https://twitter.com/thebodycoach</a>



Tweet us whilst enjoying your physical activity!