



Year Group: KS2

Week Beginning: Monday 4th 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>Go Noodle Games</u> Choose a clip and get moving! https://www.youtube.com/user/GoNoodleGames
2.	<u>Premier League Primary Stars</u> Choose a level and complete a Super Movers activity. https://www.bbc.co.uk/teach/supermovers/just-for-fun-collection/z7tymfr
3.	Tune in to our favourite Lockdown P.E teacher and Get Fit with Joe Wicks at 9am every day https://twitter.com/thebodycoach



Tweet us whilst enjoying your physical activity!

