



Year Group: KSI

Week Beginning: Monday 27<sup>th</sup> April 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.	<b><u>Balance Beam</u></b> Use tape and create a straight line indoors or outdoors. Challenge your child to walk along it to perfect their balance. Try taping down further lines at different angles. Spirals and zig-zags are always fun.
2.	Try this fun Cosmic Yoga <a href="https://www.youtube.com/watch?v=lppl_hOFI3iw">https://www.youtube.com/watch?v=lppl_hOFI3iw</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!